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BREAKFASTS AND LUNCHEONS

AT HOME



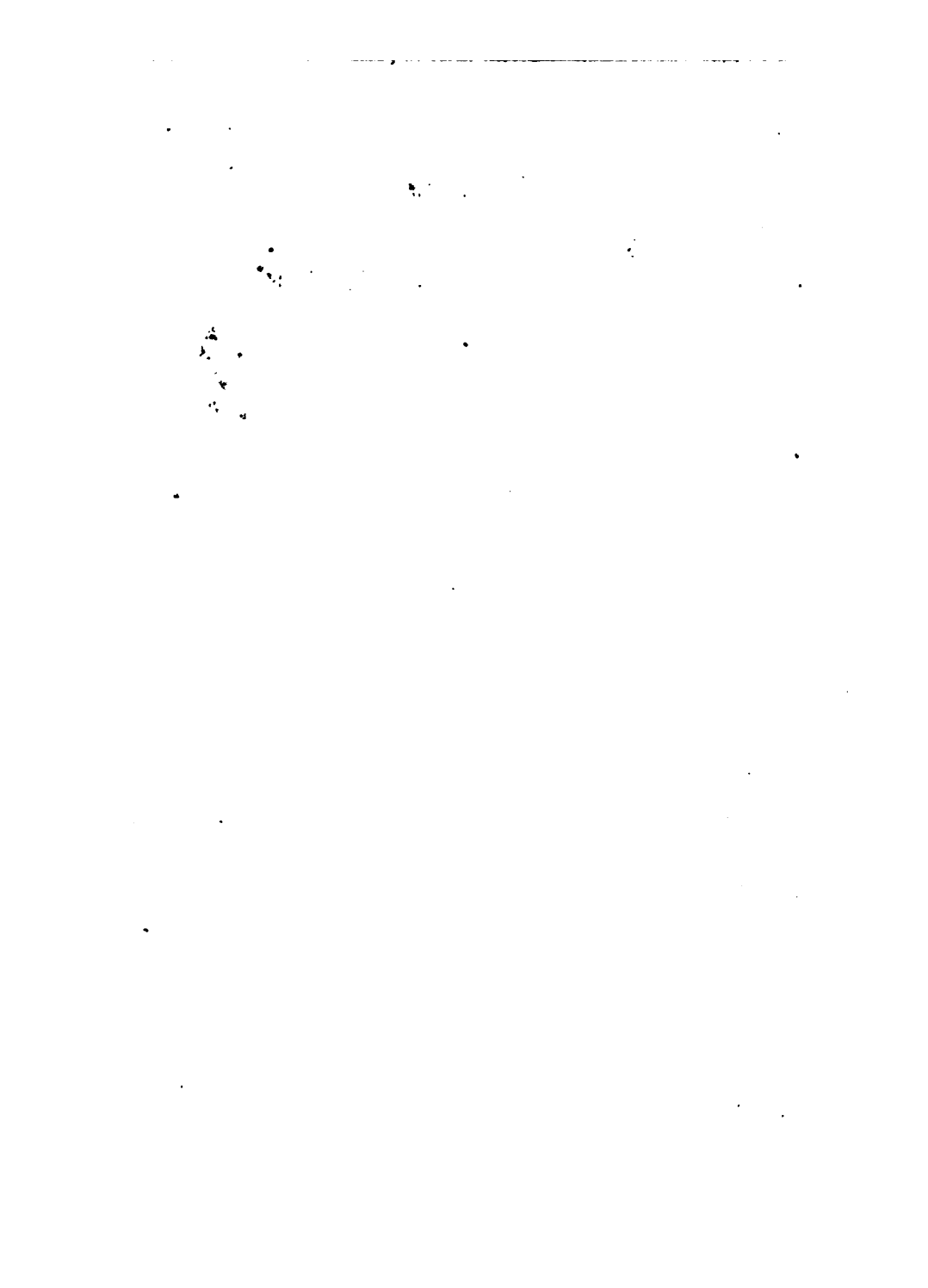
BY SHORT.

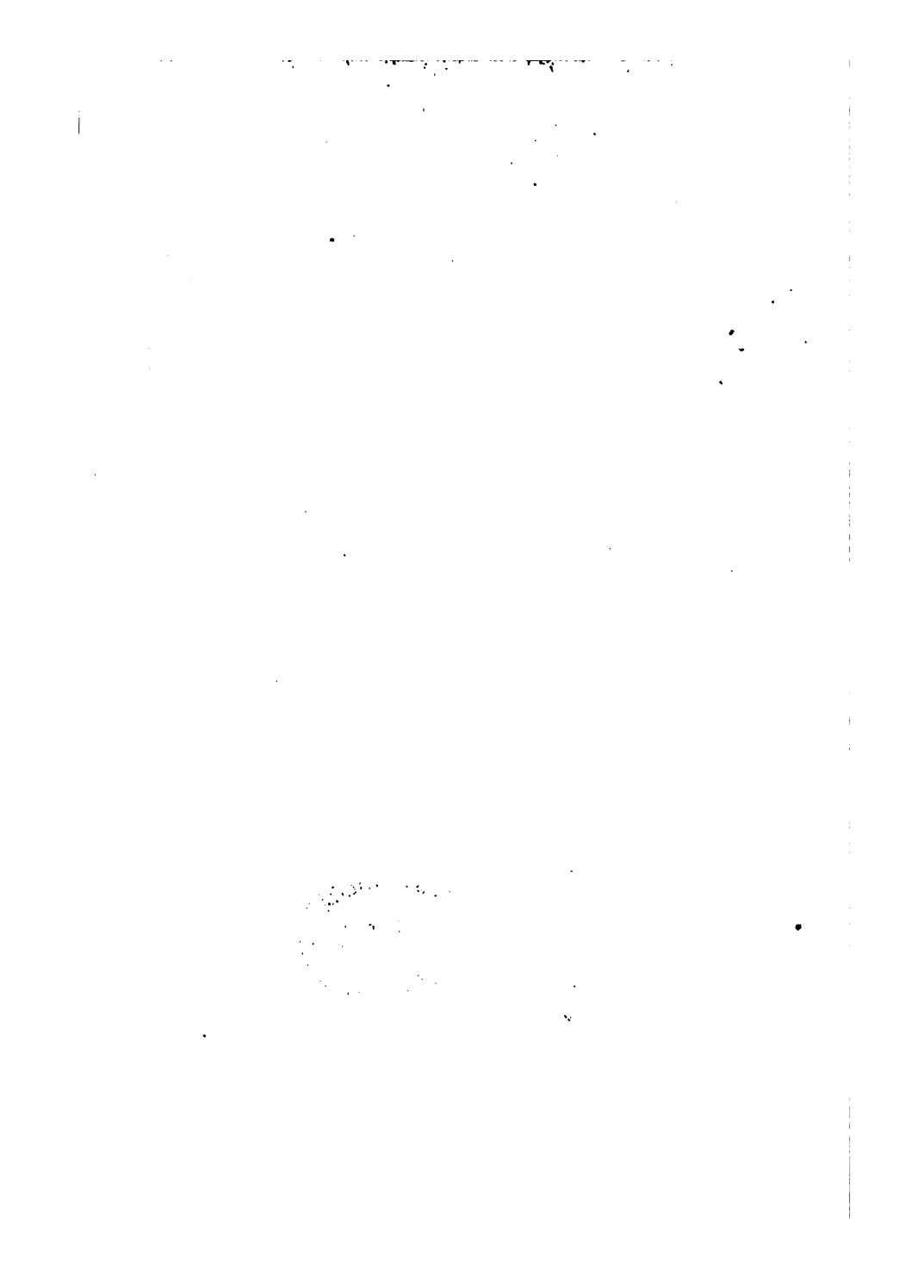
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BREAKFASTS AND LUNCHEONS

AT HOME

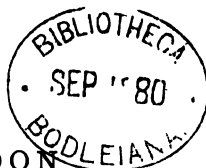
BY SHORT

AUTHOR OF "DINNERS AT HOME: HOW TO ORDER, COOK, AND
SERVE THEM."

"Diet cures more than the Lancet."

"He that would eat a good dinner, let him eat a good breakfast."

—*Handbook of Proverbs.*



LONDON

KERBY & ENDEAN 190 OXFORD STREET

1880

268. c. 555.



P R E F A C E.

THE kind reception last year of my cookery book—"Dinners at Home" (now in its Fourth Edition), induces me to offer in similar form "Breakfasts and Luncheons," which I trust will be found equally useful; and, at the request of many friends, I have added a chapter on "Maigre Dishes."

Several culinary utensils, not *generally* known, are mentioned in these pages, such as—

The "Coupe Pommes de Terre paille à levier"—to cut potatoes into straws (price 3s.).

The "Coupe Julienne à levier"—to cut up vegetables for Julienne Soup (price 3s.).

The "Batteur pour mayonnaise avec entonnoir"—an egg beater, having a tin vessel affixed to hold the oil for making Mayonnaise Sauce, with a small cock attached, through which the oil falls drop by drop—the grand secret of a good mayonnaise (price 2s. 6d.).

"Bignon Egg Poachers," small brown cups with handles, which stand the heat of the fire, for poaching

eggs in, and may also be used as ornamental cups to serve up cold pudding or jelly for luncheon (price 9d. each).

The above articles will be found most useful in the preparation and serving up of many of the dishes. The French (if not elsewhere) can be had from Parod, No. 20 Gallerie Montmartre, Passage des Panorama, Paris; and "the Bignon" from Gardner, No. 453 Strand, London.

SHORT.

LONDON, *October* 1879.

BREAKFASTS.





BEVERAGES.

THE first item of the breakfast table I shall mention is the beverage. There are so many ways of making tea, and the opinions on the subject are so varied, that to give a receipt would be superfluous; but a few hints on cream will be useful to those living in towns to whom this desirable addition to a cup of tea or coffee is often considered an impossible luxury.

CREAM.

Get a quart of the best fresh milk you can procure. Put it into a bowl the evening before it is required for breakfast, let it stand for two hours in a pan half-filled with boiling water, then leave it in a hot place till the next morning, when skim it. A quart of fair milk should yield half-a-pint of moderately thick cream. The boiling water, even in the hottest weather, will not cause the milk to turn.

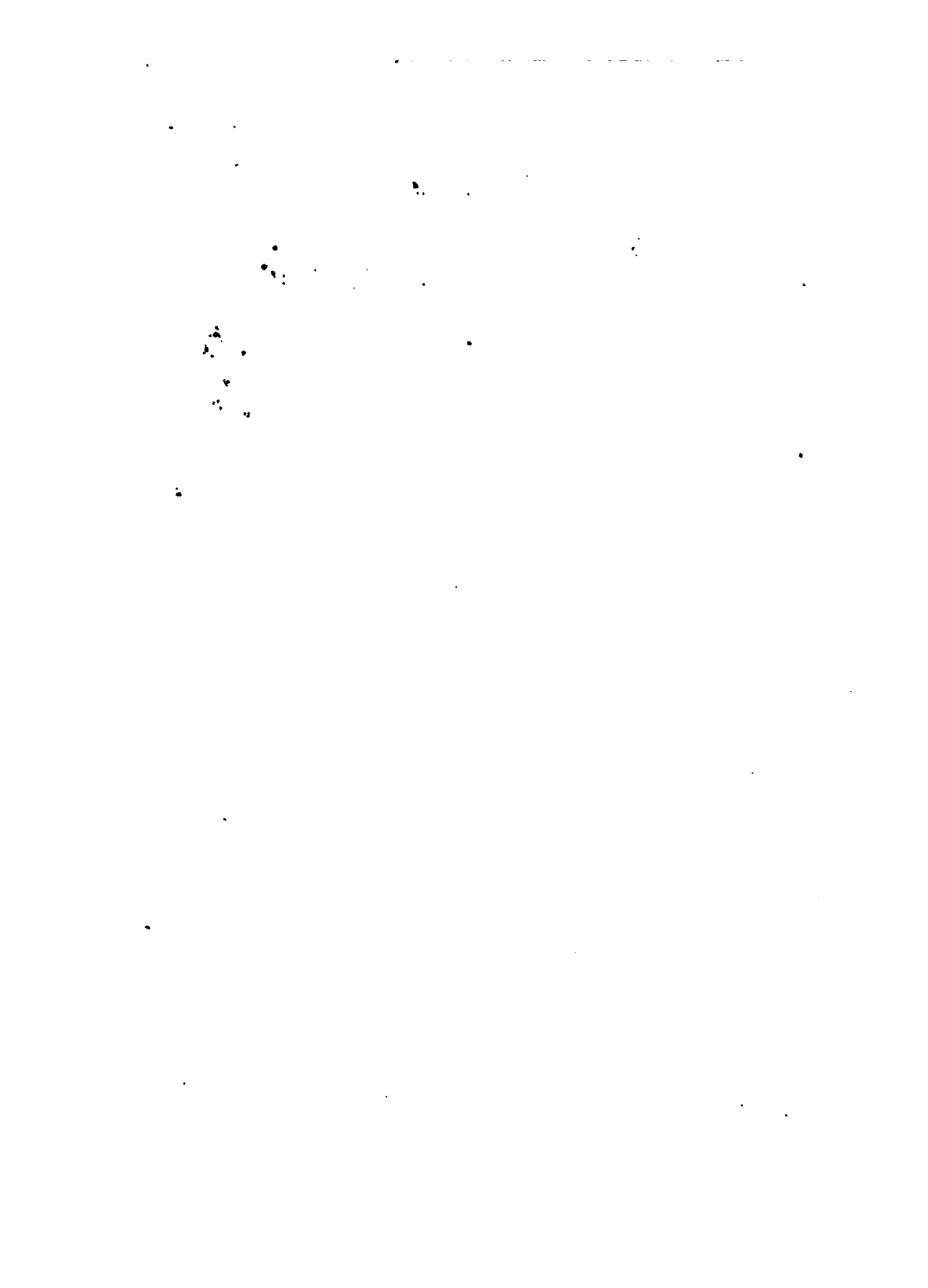
COCOA.

Many different kinds of cocoa are now advertised, but when the nibs are properly prepared there can be no doubt that the cocoa made from them is less heavy



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BREAKFAST DISHES.

BOILED EGGS.

Let the eggs be as fresh as possible, put them carefully into boiling water, so as not to break the shell. They must not boil for more than three minutes at the most. Take them out and serve immediately in a napkin. Another mode of boiling eggs is to let them boil for only two minutes, then take the saucepan off the fire, put on the lid, and leave in the eggs for two minutes before serving.

POACHED EGGS.

These require great care and attention ; for if the yolks be allowed to harden the dish will be quite spoiled. Break the egg into a cup : be careful to preserve the yolk whole. Take a saucepan of boiling water, bring it to the edge of the fire and slip in the egg, turning the cup over for a moment to prevent the white spreading and giving it an ugly shape. Simmer gently till the white is set, when the egg is ready. Take it up gently (with a fish slice is the best), trim it nicely and serve on a piece of hot buttered toast. Eggs for poaching ought to be two days old.

BROILED RASHERS OF BACON.

The usual mode of preparing bacon for breakfast is by frying in the pan, but if toasted it will be found both more palatable and wholesome. Cut the bacon into *very* thin slices, trim away the rusty parts, and

remove the rind. Toast them before a very clear fire, and either curl them round—fastening with small skewers—or when served with poached eggs place the latter on the top. If the fire be not clear the bacon will have a smoky flavour.

ROLLS OF BACON.

Cut the bacon into slices four fingers in length and half a finger in width. Lay them flat on a board, and with the back of a knife smooth them down in length, then make them into small tight rolls. Run a skewer through three or four of them, and toast them before the fire, turning them well, so that each side is well done.

BROILED HAM AND EGGS.

Cut the ham into slices the same thickness in every part. Cut off the rind, soak the ham for ten minutes in hot water, and then toast before the fire. Put into a very hot dish, and when the eggs are poached slip them on to the ham.

HAM AND EGGS—(French Receipt).

Fry some slices of ham with a little butter, when done take them out and dress them on a hot dish, then break an egg into some of the fat of the ham, taking care not to spoil the yolk. Let it be done on both sides like a poached egg. There should be the same number of eggs as slices of ham. Place an egg on each slice, pour over the boiling fat, put a little vinegar into the pan, heat it, pour upon the eggs, and serve very hot.

ŒUFS sur le plat.

Butter a dish, put it on the fire, and when the butter begins to melt, break your eggs one by one, and place them on the dish next to each other, dust them over with salt and pepper, and cover them either with cream or very small pieces of butter. Put the dish in the oven or before the fire for six or seven minutes, then pass a red-hot shovel over the parts the least done, and serve immediately in the dish they have been cooked, placing it over a hot china dish.

BUTTERED EGGS.

Melt a small lump of butter in a saucepan, then put in three eggs well beaten and a little salt, stirring well from the bottom. When almost done take the saucepan off the fire, add pepper and salt, keep stirring for a few minutes, then serve on squares of hot buttered toast.

ŒUFS à la Bignon.

This is a very pretty dish, either for breakfast or lunch, and should be dressed in the "Bignon egg poachers."

Mix a very little butter and cream in the cup, then pour in a fresh egg without breaking the yolk, and put the cup in the oven till the white is set, when serve, shaking over a little pepper and salt.

ŒUFS au Gratin.

Mix some stale crumbs of bread with a little butter, minced parsley, salt and cayenne pepper. Butter the bottom of the cup mentioned in the preceding receipt, put in some of this mixture, break an egg into each, cover with more bread-crumbs till the cup is full, then put into the oven for two or three minutes, pass the salamander over the top, and serve.

OMELETTE.

Break three or four eggs (more or less according to the number of people) into an earthen pan, adding salt and pepper to taste, and a table-spoonful of cold water. Whisk well with a fork, *but only for a minute*. Melt 3 oz. of butter in the omelette-pan (which must be very clean and always kept for that purpose) on the fire, and when nearly boiling but not coloured, throw in the eggs. Stir a little with the fork, lifting them up now and then to prevent them sticking to the pan. When the omelette is well coloured at the bottom, but still soft and frothing at the top, fold it in two, and either slip it on to the dish in which it is to be served, or put the dish on the omelette and turn the pan quickly over. An omelette should *never be kept waiting*, but be sent up to table the moment it is done.

OMELETTE aux Fines Herbes.

Beat up four eggs in a basin, add pepper and salt, two table-spoonfuls of cream, and a little chopped

parsley (and onion if approved of). Stir lightly with a spoon, melt some butter in the omelette-pan, then put in the above mixture, and leave it on the fire till it colours, moving it with the spoon to one side of the pan, then slip it on to a very hot dish and serve *immediately*. The following sauce put round it is a great improvement:—Mix up together a little cream, butter, pepper and salt, and heat it on the fire.

KIDNEY OMELETTE.

Mince into very small dice equal quantities of veal or mutton kidney and fat. Put them into the pan on the fire with a little butter, salt, pepper, and chopped parsley. Break your eggs, whisk them, pour into the pan, and finish as in the previous receipts.

HAM OMELETTE.

Cut the ham into small dice, put them into the pan on the fire with a little butter, throw in the eggs well beaten, add a little pepper but no salt, and proceed as before.

OMELETTE WITH HASHED GAME.

This is an excellent dish for breakfast, and in a country house where there is an abundance of game, it will be found useful for heating up cold game left from the day before. Cut the best pieces into joints, and put the remainder and the trimmings into a saucepan, add a pint of weak stock, an onion, pepper and salt, and stew for an hour; strain the gravy, thicken with butter and flour, add a table-

spoonful of lemon juice. Place the game in this sauce, and let it get hot by the side of the fire. It must not boil or the game will be spoilt. While warming make an omelette *aux fines herbes*. Serve the game on a very hot dish, with the omelette round it.

Hashed meat of any kind may be substituted for game when the latter is not to be had.

SAUSAGES.

Prick them with a fork to prevent them bursting, then put them with a small piece of butter in the frying-pan. Turn them several times, and keep moving the pan about till they are sufficiently cooked, then serve up very hot.

Many people prefer making their own sausages. The following is an excellent receipt :—

PORK SAUSAGES.

Take $\frac{1}{2}$ lb. young pork free from skin or gristle, chop it up very fine ; take the same quantity of lean veal and beef suet, mincing each ingredient separately, and then mix well together ; add $\frac{1}{4}$ lb. bread crumbs, and a few fine shreds of lemon peel. Season with pepper and salt ; add three sage leaves, thyme, savory and marjoram (a pinch of each), all chopped very fine. Mix all well together, and press the mixture into a prepared skin. Cook as above.

KIDNEYS.

The kidneys must be thoroughly fresh, well strained and cleaned. The smaller they are the more delicate

will be the flavour. Split them lengthwise in two, very evenly, but without separating them. Skin them, run a skewer through, and broil over a nice clear fire, the inside downwards; and when one side is done turn them over and cook the other side. Remove the skewer, place them on a very hot dish, season with pepper and salt, and put a small piece of butter kneaded with fresh herbs in the middle of each. Cut some squares of freshly-made buttered toast, not too thick, serve a kidney on each piece, and squeeze a little lemon juice over each.

Instead of broiling them, they may also be *sautéd* in a frying-pan or stew-pan, the bottom of which has been thickly rubbed with butter.

KIDNEYS WITH BREAD CRUMBS.

Wash the kidneys in several waters, then split them in two, and put them in the pan with some white fat, salt, pepper, parsley, and chopped tarragon leaves, if procurable. When half done, roll them in bread crumbs passed through a coarse sieve, and broil over a gentle fire.

MUTTON CHOPS.

Mutton chops are a very wholesome dish for breakfast, but they require to be nicely dressed and sent up. They should be cut from a well-hung tender loin of mutton, trimmed into a nice shape, and some of the fat removed. Place the gridiron over a bright, clear fire; let it get heated before the meat is put on, then rub the bars with a little fat, and lay on the chops. Turn them frequently; broil from seven to

eight minutes—not longer, as it is of importance that they should retain the gravy. Season with pepper and salt; rub a little butter on each, and serve very hot. A silver dish with hot water at the bottom is the best for the purpose.

BEEF STEAKS.

Cut into slices (the thickness of a finger) from the fillet, or any other part of the beef that is tender, and without gristle or too much fat. Flatten with a beater; let soak in olive oil, or dip them into butter melted; cook in pan over a sharp fire, turning them frequently; and, when done, dress on a very hot dish, placing on each steak a little butter kneaded with fine herbs, and seasoned with pepper and salt. Squeeze some lemon juice over them, and pour over them the gravy from the pan. Beef-steaks ought always to be rather *under* than *over* done, and served with fried potatoes.

FRIED POTATOES.

Peel some raw potatoes, cut them with the “Coupe Pommes de Terre” into lengths or rounds from the *breadth*, not the *length* of the potato; throw them into a pan of boiling fat, and fry a light golden colour, taking care not to let them be either soft or too hard; drain in a colander, sprinkle them over with salt, and serve very hot. They may be also fried in butter instead of fat, or in oil. The fat used at some of the Paris restaurants is veal fat and butter mixed—the proportion being $\frac{1}{4}$ lb. of the former to 1 lb. of the latter.

BROILED SHOULDER BLADE OF MUTTON.

When there is only a little meat left on a cold roast shoulder of mutton, the blade-bone makes an excellent dish. Score it in different parts, and rub in made mustard, salt, and pepper; then pour over some oil. Fill up the spaces with bread crumbs, and broil over a very sharp fire. If found too dry, serve with mustard sauce.

MUSTARD SAUCE.

Mix a dessertspoonful of flour with a teaspoonful of mustard. Knead well with 3 oz. of fresh butter. Stir in a gill of boiling water, and boil for five minutes; then add a teaspoonful of vinegar.

BROILED TURKEY OR FOWL.

Take the legs of cold roast or boiled turkey, score them with a sharp knife, season with pepper, salt, and a pinch of cayenne, and squeeze over a little lemon juice. Let the gridiron be well greased with either butter or fat. Place the turkey on it, and when done a nice brown, serve on a very hot dish, with a small piece of butter on the top of each.

BROILED FOWL (with Bread Crumbs).

Take either a cold boiled or roast fowl, cut it into joints, rub each joint over with oil, then breadcrumb them, broil over a sharp fire, and serve very hot.

SPATCH COOK WITH MUSHROOMS.

Half-roast a large fowl, keeping it well basted with butter. Then take it up, broil for a few minutes over

a clear fire, season well with pepper and salt, cut it into joints, rub over with butter, and serve very hot. Broiled mushrooms are an excellent addition. They should be first wiped very clean, then peel the tops and cut off part of the stalks. Broil them lightly over a very clear fire on both sides. When done arrange them on the dish with the fowl, dust a little pepper and salt over them, with a little butter on each mushroom, and place the dish before the fire for a few minutes to melt the butter before serving.

BROILED FOWL (INDIAN FASHION).

Take either cold turkey or cold fowl, cut into joints, brush some curry powder over each. Put some fat or butter into the frying-pan, with two or three good-sized onions. When the latter are well heated add the fowl, and keep stirring all together till of a nice brown colour, then serve very hot, with boiled rice on a separate dish.

RICE FOR CURRY.

Wash a cupful of the best Patna rice, put it into plenty of cold water, with a little salt. When it has boiled up, strain and add more cold water, and boil again, carefully watching it to see the grains are soft. Then strain, and set the rice on the hot plate in the colander, keeping it constantly stirred with two forks and when each grain is separate, serve.

BROILED PHEASANT OR GROUSE.

Cut up the bird into nice pieces, *sauter* them in either butter or lard, and when half done take them

out ; let them drain. They should be brown on both sides. Brush each piece over with egg, season with pepper and salt, sprinkle over some bread crumbs, and broil them for about ten minutes. Serve with the following sauce in a separate boat. Take one large spoonful of mustard, mix with it two tablespoonfuls of Harvey sauce, a teaspoonful of Chili vinegar, the same of shalot vinegar, and one tablespoonful of claret. Put it on the fire for a few minutes only, then serve round the broiled pheasant. Some prefer the game without any sauce, in which case an omelette may be served with it. This dish is best made with an uncooked bird, but cold game will do very well if more convenient. Cut what is left into joints, rub them with oil, sprinkle over some bread crumbs, and broil them, serving the sauce with them. As all hot meat or game for breakfast should be eaten *very hot*, it is best to serve them in a dish with either hot water or a spirit lamp underneath.

BROILED MEAT.

Cold roast mutton, beef, poultry, or game nicely broiled may be served with the following sauce :—

SAUCE FOR BROILS.

Three tablespoonfuls Harvey sauce, two of Worcestershire sauce, three of mushroom catsup, two of King Oude sauce, two of Indian soy, two of strong gravy, one teaspoonful of salt, one of pepper (or of cayenne a less quantity), and one of sugar. Keep in a bottle, and when required for use heat a small quantity and pour very hot over the broil.

PARTRIDGES BROILED.

Cut the partridges in two lengthways, flatten each half lightly with the beater, dust over them some salt with a little pepper, dip them in tepid melted butter, and sprinkle over some bread crumbs; brush over the beaten whites and yolks of two eggs, and bread-crumb them a second time, and broil on the gridiron for a quarter of an hour.

MUSHROOM TOAST.

Wipe the mushrooms with a piece of flannel and some salt. Cut off part of the stalk and peel the tops thin. Broil them in their own liquor over a clear fire, turn them, and serve on very hot toast. Previous to serving them up put a little butter on each mushroom. Season with pepper and salt and a little lemon juice, and lay the dish before the fire till the butter is melted.

BROILED WHITING.

Wash the fish well in salt and water, then wipe them, and when thoroughly dry flour them and broil over a clear fire. Serve with a little cold butter in the dish, and sprinkle with pepper and salt.

BROILED HADDOCK.

Clean and dry the fish, and put it into a Dutch oven before a very quick fire; as soon as the skin rises take it from the fire, and brush it over with the yolk of an egg, well beaten; sprinkle with bread crumbs, and dredge with flour, laying it on the gridiron, previously heated, and rubbed over with butter. Turn

the fish, putting a small piece of butter over it each time. Serve very hot.

BROILED MACKEREL—à la Maître d' Hotel.

After taking out the gills and inside clean and dry the mackerel with a damp cloth (it should never be washed for *boiling*), fold in an oiled paper, and put on the gridiron. When done on one side turn on the other, then remove the paper, and dress it on the dish in which it is to be served; split it down the back and put in a lump of butter mixed with finely chopped parsley and shives well-worked into it, adding salt and pepper, and a squeeze of lemon juice. Serve before the butter is quite melted.

FILLETS OF FISH

Cold fish left from the day before answers very well for this dish. Pick the fish off the bones in small square pieces as much as possible the same size. Give them a coating of yolk of egg, mix a little parsley, salt and pepper, with some fine bread crumbs, and sprinkle over the fillets. Bake in a tin for a quarter of an hour, keeping them constantly basted with butter.

Pour over a little lemon juice, and serve very hot with or without sauce.

ROKEBY SAUCE.

Some people like sauce served with fish for breakfast. The following will be found excellent. Take a wineglassful of cream, a lump of butter the size of a walnut, a teaspoonful of flour, half a teaspoonful of

essence of anchovies, a small quantity of Chili and Tarragon vinegar, and a little Soy. Mix all well together, and add a *very* little cayenne pepper.

FISH (re-heated.)

Another good way of dressing cold fish is to pick it off the bones, put it into a saucepan with a lump of butter, the size of a walnut, salt and pepper. Leave it on the fire for ten minutes, then stir, and leave it for another ten minutes, when it will be nice and crisp. Serve very hot.

KEDGEREE.

Take some fish left from the previous day, chop it fine with two hard boiled eggs, and mix all well together. Add a teacupful of well boiled rice, a little pepper, cayenne and salt. Put all into a saucepan, with three ounces fresh butter in small bits. Stir over the fire, and serve very hot.

BROILED FISH WITH CURRY POWDER.

Take fillets of soles, slices of turbot, or any other cold fish left from the day, and sprinkle over them some curry powder. Let it remain all night, and broil the fish the next morning.

SOLES.

Put some dripping into the pan, and when boiling hot put the soles, well dried and floured, into it. Serve on a hot dish, with a small piece of butter, and scatter finely chopped herbs over them. Flounders and large whiting are also very good done this way.

TROUT.

Dry the fish, dip it into milk, then dredge with flour, and fry in lard till of a nice plain brown colour, and serve with crisped parsley, or bake in buttered paper.

FRIED SMELTS.

May be cooked the same way as the trout. They will require a great deal of fat in the pan.

HERRINGS.

Clean and scale the herrings, dry them in a cloth ; when thoroughly free of moisture fold them in a buttered paper, and fry a bright colour. (They require less fat or butter than other fish). Drain them well, dry again, and serve on a very hot dish with crisped parsley. If sauce is required the best kind is plain melted butter, with a little mustard mixed in, or with mustard sauce.

SOUSED HERRINGS.

Place the herrings side by side in a pie dish, with slices of onions and bay leaf, add some salt and whole pepper. Mix half and half of vinegar and ale, and pour as much of the mixture over the fish as the dish will hold. Put the dish into a pretty hot oven for about twenty minutes, taking care never to let the fish get dry ; but as they get soaked up pour over the remainder of the vinegar and ale. Serve cold.

YARMOUTH BLOATERS.

Soak them for an hour in warm water, make incisions in the skin across the fish, broil on a gridiron for

a few minutes, take out the hard roe, pound in a mortar, have ready some hot buttered toast, on which spread the pounded roe, and lay the fish on the toast.

FINNON HADDOCKS.

Soak them for half-an-hour, then broil them for a few minutes on the gridiron, lay them on a very hot dish, with a little cold fresh butter on the top.

BROILED SALMON.

Take some slices of cold salmon, soak them in oil, salt, pepper, and branches of parsley, turning them frequently. Then put them on the gridiron, broil for a few minutes, and serve with crisp parsley, oil, and vinegar.

SMOKED SALMON.

Take slices of smoked salmon, *sauter* them in oil on a brisk fire, when done drain, and serve them dry, squeezing over them some lemon juice.

POTTED CHICKEN.

Strip the meat from the bones of a cold roast fowl, and to every pound of meat free of skin and gristle add $\frac{1}{2}$ lb. of *very* fresh butter, salt and cayenne to taste. Cut the fowl (mixed with two or three slices of ham) into small pieces, pound with the butter into a smooth paste, put into jam-pots lightly packed, and cover over with clarified butter.

POTTED HAM.

Cut some slices from a cold ham; mince very fine. To every 2 lb. of lean allow $\frac{1}{2}$ lb. fat, pound both to

a fine paste, add a little pepper, mix all well, and put into jam pots (as in last receipt).

POTTED VEAL.

Allow $\frac{1}{4}$ lb. ham to a pound of veal. Mince both very fine, then pound in a mortar with some very fresh butter, add a little cayenne, make into a very smooth paste, and then proceed as for the potted chicken.

N.B.—These potted meats spread on slices of bread and butter are a good breakfast dish, and so make also very good sandwiches.

WHITE SLIM CAKES.

Take $\frac{1}{4}$ lb. flour, crumble into it the size of a walnut of butter (being careful not to knead it or the cakes will be heavy and hard); add a pinch of salt and three tea-spoonfuls of Borwick's baking powder, half a tumbler of new milk. Mix all together without *working* or the baking powder will not rise. Then with a paste-cutter make it into small round cakes, and bake in a quick oven for quarter of an hour.

BROWN SLIM CAKES

Are made in the same way, substituting *brown wheaten* instead of white flour, and an additional tea-spoonful of baking powder.

BRAN BREAD.

Brown bran bread is made in the same way, with the addition of $\frac{1}{4}$ lb. bran to every pound of flour.

•

SCONES.

Boil one half pint of milk, then add by degrees one lb. of flour, two oz. of butter, and one teaspoonful of baking powder; roll into a thinnish paste, and cut into round cakes, with a tin, and bake on a griddle, turning them eight or ten times. Serve very hot.

BARLEY MEAL SCONES.

Boil one quart of new milk, add one teaspoonful of salt. Stir in some barley meal till quite thick, strew some fine flour over the paste board, roll out the dough as quickly as possible, and proceed as in the last receipt.

GERMAN ROLLS.

Make a paste with half a pound of flour, 4 oz. of yeast, and some tepid milk. Then take $1\frac{1}{2}$ lb. of flour, a pint of milk, and a little salt, and knead into a soft paste. Mix both pastes together with 4 oz. of butter, and work into a very clear paste. Make it into small rolls, lay them on a baking sheet, and let them rise. Take some egg stirred clear with water, spread it over the rolls, and bake them in a moderate oven.



LUNCHEON.





LUNCHEON.

THE luncheon table of the present day affords an opportunity for the mistress of the house to display her taste in ordering, and the capability of the cook in providing a *refined and well-served meal*. Nothing looks more vulgar than an overloaded luncheon table. The dishes should not only be well cooked, but nicely arranged; and the side dishes ought to match each other. Excepting cold meat on the side table, and the soup (when ordered), everything for the luncheon should be put on the table at once. In the country, where people come from a distance, soup is acceptable, and should be handed round; and, if possible, the cutlets and entrees ought to be served in hot-water dishes. Several receipts of different kinds will be found in the following pages, and menus which will serve as samples, variable according to the number of the party, and the kind of luncheon required.

HOT DISHES.

ROAST FOWL.

Put a lump of butter the size of a walnut in a saucepan on the fire for a few minutes, and take it out be-

fore it melts; season with lemon juice, pepper, and salt, and fill the body of the fowl with it. Rub the latter over with lemon, put it on the spit, dust with salt, cover with slices of lemon without the skin or pips, and tie on the breast thin slices of fat bacon. Roast it in a buttered paper, keeping the bird constantly basted with butter. When nearly done, remove the paper and the bacon to let it brown well. Serve with water-cresses round the dish, the gravy from the chicken in one sauce boat, and bread sauce in another.

BREAD SAUCE.

Peel and slice an onion, and simmer in a pint of new milk until tender. Take a breakfast-cupful of stale bread, break it into pieces, and put it into a small saucepan. Strain the hot milk over it, having first taken out the onion, cover close, and let the bread soak for an hour. Then beat it up smooth with a fork. Add 1 oz. of butter, and season with salt and a *very* little Cayenne pepper. Boil for a few minutes, and serve very hot.

Another receipt for bread sauce is to take 2 oz. fine bread crumbs, half pint of milk, a small whole onion, and four whole black pepper-corns. Stew all for forty minutes in the *bain marie*, stirring well, then add two tablespoonfuls of cream; stir again. Take out the onions and pepper-corns before serving.

ROAST FOWL WITH TARRAGON.

Wash some tarragon leaves in hot water, mince them with the liver of the fowl, mix all up with some butter, salt, and pepper. After having trussed and singed the fowl, fill it with this stuffing, then tie a

piece of fat bacon on the breast, put it into a saucepan with a little butter, and leave it on the fire till coloured ; take out the fowl, fold it in a sheet of white paper, and put it on the spit. While roasting, make the following sauce. Put some chopped tarragon leaves into a saucepan with a little butter kneaded with flour, two yolks of eggs, and a little broth. Season with salt and pepper, add a few drops of vinegar, and bind the sauce without boiling it. Serve in a sauce boat with the chickens.

ROAST CAPON AND TRUFFLES.

This bird requires to be kept for some time as it is liable to be hard. The French way of dressing it, is generally with a stuffing of truffles. Fill the body of the bird with truffles which have been heated in butter on the fire. Sew up the skin to prevent them escaping. Truss the capon, and keep it wrapped up in paper in a very dry place for four or five days, according to the season of the year, then roast it for two hours in a buttered paper. Remove it just before it is done, and serve with truffle sauce.

TRUFFLE SAUCE.

Mince two good-sized truffles, heat them lightly in a little butter, add a little gravy or wine, season to taste, and boil for quarter an hour or twenty minutes, and serve round the capon.

ROAST CAPON WITH EGG SAUCE.

Roast the capon in the same way as the fowl, but instead of bread sauce serve with egg sauce.

EGG SAUCE.

Put a tumblerful of good broth into a saucepan with a dash of vinegar, season with salt and large pepper, add the yolks of three eggs boiled hard, and cut into rather large slices, a bit of butter half the size of an egg, with some flour kneaded into it. Thicken the sauce over the fire, and serve very hot.

BRAISED CHICKEN, WITH TARRAGON.

Mince fine six tarragon leaves, and mix them with some butter, salt, and pepper. Fill the body of the chicken with this, sew it up, and truss it with a slice of bacon laid on the breast. Put it into a saucepan, with just enough water to cover the half of the bird—salt, carrots, two onions, a clove, some thyme, and a small branch of tarragon without the leaves. When done take out the chicken; remove the bacon; strain the gravy (add a little browning); put it into a small saucepan; and thicken with a spoonful of corn-flour, previously mixed with a little water. Serve the sauce round the chicken, which ought to be very white.

BOILED CHICKENS.

Boil them very gently. When on the point of boiling take them out of the saucepan, skin, and then put them back to give them a good colour. Serve with the following sauce, or parsley and butter. Boil a small spoonful of potato flour in sufficient water to form a clear pulp, season with salt and large pepper. When the flour is sufficiently done add a good bit of

butter, which must only melt in the sauce, and bind with the yolks of two or three eggs just before serving. Squeeze some lemon juice over the sauce.

PARSLEY SAUCE.

Some people prefer parsley to white sauce with boiled chickens. Wash the parsley, pick it leaf by leaf, and put it into boiling water for a few minutes, then mince fine, and bruise to a pulp in a small mortar. Heat the sauce boat in which it is to be served with hot water, and put in the parsley. Leave it there while you make the following melted butter :—Put two oz. of fresh butter in a small saucepan, which place in a *bain marie* of boiling water. As the butter melts add a *teaspoonful* of flour, and by degrees two table-spoonfuls of milk. When well incorporated add six table-spoonfuls of water, stirring round one way till the sauce is of the consistency of moderate cream, then pour boiling over the parsley.

ROLLED TURKEY.

Bone a turkey, cut it into two lengthways, garnish each half with sausage meat, then join them together, tie a cord round, and roll. Then cover with slices of bacon, and put into a saucepan with three spoonfuls of water, and the same quantity of broth or stock; add a glass of white wine, a bunch of herbs, pepper, salt, a clove, sliced onions, a carrot, and a parsnip. When ready to serve, skim the sauce and strain it, adding a little gravy if necessary.

FRICASSE OF CHICKEN.

Wash a fowl, skin it, and carve into neat joints. Put them in boiling water on the fire for two or three minutes, then into cold water. Put a bit of butter about the size of an egg into a stewpan, then the fowl, and let it heat, taking care that it does not colour, then dust some flour over each joint, stir them up in the butter, and add *hot*, not *boiling* water, with salt, white pepper, some small onions, two cloves, and some parsley. Stew for half-an-hour over a gentle fire, then add some mushrooms or truffles, and simmer for another half-hour. Take out the pieces of fowl and dress them on the dish, skim the sauce if required, and take out the herbs. Make a thickening of the yolks of two or three eggs, a little water (cream if you have it), adding the juice of a lemon. Pour this gently into the sauce. If the latter is too thin, mix up a little flour in it; if too thick add a little boiling water. Pour the sauce very hot over the fowl, and serve.

BECHAMEL OF CHICKEN.

Mince finely some cold roast chicken, being careful to remove all skin and gristle; put six tablespoonfuls of bechamel sauce into a saucepan, with a bit of glaze; let it boil, keeping it constantly stirred with a wooden spoon. When ready to serve, throw in the minced chicken, and stir lightly, then pour it into a silver saucepan; beat up the white of an egg, spread it over the mince; put a layer of bread crumbs, and a little grated Parmesan cheese; pour a few drops of

melted butter over, colour it in the oven, and serve with fried sippets of bread.

RISSOLES OF CHICKEN (Cutlet shape.)

Mix from two to three oz. of butter with a small quantity of flour, then put it in a saucepan, and keep stirring it over the fire. Add gradually half a tumbler of milk, and when of the consistency of thickish custard, take the saucepan off the fire. Cut out all the meat from a cold roast fowl, and mince it finely without any skin or bone. Take two hard-boiled eggs, chop them small, mix them with the fowl, and put all together into the made sauce. Leave the whole on a floured marble to get cold, then form into the shape of cutlets; egg, and bread-crumb them, and fry in dripping a light golden colour. Take some small chicken bones to form a shank. Run one through each cutlet, and put a frill of paper at the end. Serve with cream sauce round the cutlets. This is a very pretty dish, and it is far the best way of using up cold meat of every description.

CREAM SAUCE.

Boil two onions in one pint and a half of milk until reduced to a pint. Take out the onions, pressing them so as to extract all the juice. Stir into the milk whilst boiling two ounces of fine flour mixed in a quarter of a pint of cold milk or cream. Stir over the fire until it simmers and is as thick as rich cream, add some salt and cayenne. Add two ounces of butter, and when melted, serve round the rissole cutlets.

CHICKEN OUTLETS.

Remove the breast and leg bones of two chickens. Skin them and cut into cutlets, season with pepper and salt. Put the bones and trimmings into a stew-pan with a pint of water, adding two carrots, an onion, and some strips of lemon peel. Stew for an hour and a half. Strain the gravy, thicken with butter and flour. Add two tablespoonfuls of mushroom ketchup, and an egg well beaten. Stir over the fire and simmer without letting it boil. Egg and bread-crumbs the cutlets, and moisten them with clarified butter. Fry them a light brown colour, and keep turning them.

Dish them neatly and pour the sauce over them.

CROQUETTES OF CHICKEN AND RICE.

Boil gently half a pound of rice in a quart of water or broth for half an hour, then add three ounces of butter. Simmer till quite dry and soft. When cold make into balls, hollow out the inside, and fill with minced chicken made rather thick. Cover over with rice, dip the balls into the yolk of an egg, sprinkle over some bread crumbs, and fry a nice brown. Before the rice cools, add a little cream (or milk).

MINCED CHICKEN.

Take some cold roast chicken, cut up the white meat, and mince it finely, put all the trimmings into a saucepan, and let them stew for an hour in a pint of water, adding a bunch of savory herbs, and an onion. Chop up two hard-boiled eggs small, mix them with

the minced fowl, put in the gravy (previously strained), add some butter and sufficient flour to thicken the sauce, seasoning with salt and cayenne, let the whole just boil, and then serve either by itself or in the croquettes as in preceding receipt.

CHICKEN WITH RICE

Take a good fowl and prepare it as for boiling, then wash three-quarters of a pound of rice in several waters, then put it into a saucepan with the fowl, which place on its back, mix two large table-spoonfuls of broth or stock with the rice. Put the saucepan on the fire, cover it, and let it simmer till the fowl is boiled, stirring the rice all the time to prevent it getting into lumps. Then take out the fowl and dress it on the dish it is to be served in ; skim all the fat off the rice, add a little butter, salt and pepper, bind the sauce with the yolks of two eggs, and put the rice round the fowl ; if too thick it may be thinned with a little good broth.

RISSOLES OF LAMB.

Take some cold lamb, remove all skin and gristle, and mince it into small dice, as fine as possible ; add some mushrooms, and six truffles cut equally fine ; make some tomato sauce, let it be well boiled down, then mix in the minced chicken, and put all into an earthen dish to get cold. Take some trimmings of light paste, roll it out very thin, moisten the paste with water, then put about the size of a nut of the minced chicken, cover it up well with the paste, and form into the shape of a crescent. Make as many

rissoles as you require in the same way, laying them one by one on the cover of a saucepan well floured, prick each with the point of a knife, and fry, serving them with fried parsley.

SMALL GAME TIMBALES.

Take a pheasant or grouse. Cut it up into small pieces, and put them into a saucepan with a little chopped ham, a bunch of herbs, two carrots, and an onion. Add a quart of water and boil slowly for two hours. Then strain through a napkin, mix in the yolks of seven eggs, and strain through a tammy. Fill eight small timbale cases (or custard cups), put them in a closely covered stewpan. Place some hot cinders on the lid, and steam for quarter of an hour.

MACARONI TIMBALES.

Put half a pound of Naples macaroni in a saucepan, cover it with boiling water, boil until the macaroni is quite soft, then drain, and cut it into pieces half an inch long, butter thickly the timbale cases, line with buttered paper, and place the macaroni edgeways (so as to look like honeycomb). Make the following paste :—

Put a quarter of a pint of water, a small piece of butter, and a little salt into a stewpan. When the water boils throw in a tablespoonful of flour, leave it a few minutes, then stir in one egg, and put all on a plate till wanted. Then take a pound of cold chicken or game, or any cold meat. Pound in a mortar, add to it half the quantity of the above paste, and a quarter of the quantity of butter, season with salt

and pepper. Mix all together, adding one whole egg and three yolks. Pass through a wire sieve. Stir in a quarter of a pint of white stock or milk. Pour the mixture into the timbale cases, and strain for half an hour.

CHICKEN TIMBALES.

Pound the flesh of a chicken in a mortar, then pass it through a wire sieve. Add a lump of butter the size of an egg, and again pound in a mortar; now add a little thick white sauce, and the yolks of two eggs, and pound again. Once more pass all through the wire sieve, mixing in two tablespoonfuls of good cream, and the whites of the eggs well whipped. Put into the timbale cases, and steam for half an hour. Then turn out the moulds. Place a truffle on each timbale, and serve with cream sauce round them.

COQUILLES DE VOLAILLE.

Mince some chicken with some lean ham, and a little pepper, add two large spoonfuls of cream, fill some scallop shells, cover with bread crumbs, and set them before the fire to brown, with a little butter on the top.

ROAST HARE.

Soak the hare in several waters for an hour and a-half (get rid of all the blood from the neck by cutting the neck string, then pour warm water over the cut).

Well dry it. Put a piece of paper, saturated with liquid fat, all over the head and neck, under which there must be as much pure fat as can be tied on under the paper. Lay slices of cold boiled bacon

all over the back, which should be covered with oiled paper for the first three-quarters of an hour.

When the bacon is nearly done, take it and the paper off to finish the roasting. The hare should be tied on a spit and roasted horizontally. Serve with red currant jelly.

HASHED HARE.

Warm the remains of a cold roast hare cut into pieces in the following sauce (without boiling) :—

Put into a saucepan a lump of butter the size of an egg, two onions, two carrots, one parsnip, sliced, two shalots, two cloves, a laurel leaf, and a bunch of sweet herbs. Put on the fire till the butter begins to colour, then take the saucepan off the fire ; add a pinch of flour, a wine-glassful of red wine, the same of water, and a dessertspoonful of vinegar. Boil for half an hour, then skim off the fat, pass through a tammy, add salt and pepper.

LEVERET CUTLETS.

Raise the fillets of two or three leverets, according to the number required, cut them into pieces, flatten with a beater, and form them into the shape and size of lamb cutlets ; dip each into tepid melted butter, sprinkle them thickly with bread crumbs, then dip them into some yolks and whites of eggs well beaten, and bread-crumb them a second time ; lay aside the four joints of the leverets for any other dish, and boil the carcasses in broth, so that the flesh comes off easily from the bones ; then take out the side bones, and run one into each fillet of leveret to make them

look like cutlets, and serve with tomato or piquante sauce.

FILLETS OF WILD DUCK.

Raise the fillets of two wild ducks, divide them in thin slices, cut lengthways : each fillet ought to make five slices, consequently there will be twenty ; season them on each side with salt and pepper, put them into a saucepan, and pour over sufficiently tepid melted butter to cover them, then do them in the pan for ten or fifteen minutes, turning them several times. Take them out of the saucepan, and leave them to drain ; take the remaining parts of the ducks and stew them in a glass of white wine for quarter an hour ; make a clear brown sauce, add a glass of white wine, and a cup of broth which has been skimmed ; pour this sauce over the bones of the duck, and leave it on the fire for quarter an hour longer ; then strain and reduce the sauce if necessary. The moment the fillets are done, dish them and pour over the sauce boiling.

SNIFE.

Put half dozen snipe in the pan with some fresh butter, five or six minced shalots, a laurel leaf, some salt and pepper, and let them fry from eight to ten minutes ; then take them out of the pan, add a glass of Madeira to the sauce, the juice of two lemons, and one or two pinches of rasped bread crumbs, stir briskly with a wooden spoon ; put back the snipe in the sauce. When they begin to boil serve very hot, pouring the sauce over them.

HARE CUTLETS.

Take equal quantities of cold roast hare and crumb of bread. Mince the hare very fine, season with pepper, salt, and a little cayenne. Soak the bread in some good stock or gravy, then place it in a stewpan on the fire, add one ounce of butter and the yolk of an egg. Mix all well till of the consistency of thick cream, then add the hare and the yolk of another egg, stir all well together, and leave the mixture on a floured marble to get cold, then form into the shape of cutlets. Egg and bread-crumbs them, and fry a light brown. Take some of the small bones of the hare to make shanks (to look like the bone in mutton cutlets). Run one through each cutlet, and put a frill of paper at the end. Serve with a currant jelly sauce, made as follows:—Dissolve three teaspoonfuls of currant jelly in the same quantity of water, and heat over the fire, adding a little isinglass if necessary.

DUCKS AND GREEN PEAS.

Ducks should always hang a day or two before dressing them.

Put a pair of plump ducks into a saucepan, with some square pieces of fat bacon. When well coloured, remove both the ducks and the bacon, and in the same saucepan make a sauce with the gravy of the ducks, a pinch of flour, and a little broth or stock. When well mixed, put back the duck and the bacon, add a bunch of sweet herbs, salt and pepper, and a *very* little sugar. Boil slowly for one hour (two if the ducks are not young). Then stew the peas in the gravy till tender. Strain before serving.

MUTTON OUTLETS (à la Soubise).

Cut six chops, about an inch thick, off a neck of mutton, trim off most of the fat, put them into a frying pan with two ounces of butter, cover up close in the oven for eight minutes, then turn them.

Strain off the butter, and add half a pint of clear gravy, and let them simmer gently for half an hour. When ready to dish up, glaze and pour the brown gravy round them, with Soubise sauce in the centre.

SOUBISE SAUCE (White).

Boil three good-sized onions until quite tender, strain the water well from them, then pass through a tammy or hair sieve, add a quarter pint of cream and a lump of glaze about the size of a nutmeg, and thicken with a tablespoonful of flour. Boil for five minutes, stirring well, or it will burn.

SOUBISE SAUCE (Brown).

Some people prefer the brown soubise sauce to the white. Slice and fry four good-sized onions in 2 oz. of butter till of a nice pale brown, being careful to stir them all the time. Then add some good brown gravy, and simmer till tender over a gentle fire. Skim off all the fat, add salt and pepper, and pass through a tammy or hair sieve. Warm it again in the saucepan, and when it boils it is ready to serve.

MUTTON OUTLETS (with Chestnuts).

Pare the cutlets and beat them well, then rub some butter on the bottom of the pan, and boil them over

a sharp fire, turning them and taking care not to let them dry up. Then serve with their gravy, and a purée of chestnuts. Take a good handful of chestnuts, strip them of the brown skin, then put them into boiling water and remove the second skin. Put into a saucepan some good broth or stock with the chestnuts and a little sugar, and leave them on the fire till soft enough to make into a purée, which pour into another saucepan with some good gravy, and beat both together.

MUTTON CUTLETS (with Tomato Sauce).

Take the cutlets from off the best end of the neck of mutton; brush each cutlet over with the yolk of an egg well beaten; sprinkle over some fine bread crumbs seasoned with pepper and salt, and dip them separately into a little clarified butter, sprinkle over more crumbs, and fry them, turning them occasionally. Dish them in a circle and serve with tomato sauce.

TOMATO SAUCE.

Put into a small saucepan one or two sliced shalots, two cloves, a little vinegar, bay leaf, and thyme. Boil gently for a few minutes, then add two tablespoonfuls (or more according to the quantity required) of conserve of tomatoes, a small lump of glaze, a little stock, and a few drops of essence of anchovies and a lump of sugar. Stir all together well over the fire, and boil for five minutes.

MUTTON CUTLETS (with Cucumbers).

Chop some parsley and shalots very fine; mix them with butter melted. Dip the cutlets first into

the butter and then into bread crumbs. Fry them a nice light brown colour. Cut two cucumbers into four quarters (removing all the seeds), and then into oval shapes about one inch long. Boil them in equal quantities of vinegar and water until tender. Make a sauce with the trimmings of the cutlets, and season with shalots and herbs. Heat the cucumbers in this sauce and serve them round the cutlets.

HARICOT OF MUTTON.

Put into a stewpan from 2 to 3 lbs. of the best end of a neck of mutton, thin off some of the fat, and fry the chops in a little butter with two or three onions cut into thin slices till of a nice brown. Take half a pint of gravy, add a pinch of flour to thicken it, and pour it over the chops, and let them stew at the side of the fire. Then take some carrots and turnips, cut them into shapes, and some celery in slices, put them into a saucepan of boiling water, and when half done take them out and stew with the meat.

Haricot can also be made from the breast or shoulder of mutton cut into pieces.

MUTTON STEW (with Potatoes).

Cut some chops off a loin of mutton, remove all the fat, and chop the meat into small pieces, and put it into a stewpan with some chopped onions, a little sugar, salt, and pepper, a tablespoonful of Batty's sauce, and one of mushroom ketchup, some good stock, and a little gravy; stew slowly for an hour,

then add some potatoes and stew again for an hour and a half, when serve very hot.

SHOULDER OF MUTTON (with Glazed Onions).

Bone a shoulder of mutton till within half of the knuckle bone, then lard the inside with well seasoned lardoons, adding salt and pepper ; when larded you truss it into whatever shape you like, either round or long, then tie it with a tape ; put some slices of bacon into a braising pan, into which lay the mutton, with three or four carrots, five onions (with two cloves stuck into one of them), two laurel leaves, some thyme, the bones of the shoulder, and any pieces of the meat you may have over ; add a little stock or water, some salt, and let it simmer gently for three hours and a half. When ready to serve, drain the meat, remove the tape, glaze, and serve with a brown sauce, and some glazed onions round.

GLAZED ONIONS.

Take a dozen or more of onions all the same size, pick them carefully, butter the bottom of a saucepan, add the onions with some salt, pepper, a glass of water, a bit of butter the size of an egg, and an equal quantity of sugar, and a round of buttered paper on the top of the onions ; put them on a brisk fire, and when the sauce is half reduced, place them over a gentle fire, when ready to serve.

BROWN SAUCE.

Put three ounce of butter and two tablespoonfuls of flour into a saucepan, leave it on the fire till the

butter is melted, then mix well with the flour, add a little stock, and boil from fifteen to twenty minutes, keeping it constantly stirred, then pass through a tammy.

GRILLED BREAST OF LAMB.

Take a breast of lamb not too fat, put it into a saucepan with some stock, pepper, salt, parsley, thyme, and a laurel leaf. When sufficiently done dip it in a mixture of oil, parsley, pepper and salt, and some chopped shalots. Bread-crumb it, boil on the gridiron, and serve with the following sauce:—Put a glass of vinegar into a saucepan, with some thyme, shalots, a laurel leaf, pepper and salt. Boil till reduced to half, then add some broth or gravy, and pass through a tammy. A breast of mutton may be cooked in the same way.

LAMB CUTLETS à l' Italienne.

Lamb cutlets may be cooked with cucumbers the same way as mutton cutlets, or with grated cheese. Dip the cutlets in tepid butter, and crumb them with bread and grated Parmesan cheese. Beat up the yolks of two eggs, dip the cutlets in them, again cover them with the cheese and bread-crumbs, and fry them in butter a bright golden colour. Serve with cream sauce or with sauce piquante.

ROAST SHOULDER OF LAMB à la Jardinière.

Roast the shoulder at a moderate distance from a nice clear fire, and keep it constantly basted. Serve with gravy round it, and garnish with carrots and turnips. Cut into pretty shapes with a vegetable

cutter, and the flower only of cauliflowers divided into little bunches. The breast of lamb is best grilled, and the neck made into cutlets.

ROAST LEG OF LAMB.

A roast leg of lamb is served with mint sauce.

INDIAN CURRY.

Put $\frac{1}{4}$ lb. of butter into a saucepan with one large onion sliced ; fry till well browned. Add uncooked meat or fowl, then mix in a tablespoonful of good curry powder. Throw in half a tea-cupful of cold water. Cover the saucepan till the meat is cooked, stirring occasionally. Serve with rice in a separate dish.

DRY CURRY.

Cut one pound of meat into small pieces, slice one onion and fry it in butter a light brown, then add one tablespoonful of Curry Powder, one tea-cupful of water, and a breakfast-cupful of gravy, the juice of a lemon, and a little salt. Stew all together till nearly dry, and then serve up very hot.

CURRIED VEAL.

Fry six large onions in 2 oz. of butter till of a light brown colour. Rub three dessert-spoonfuls of curry powder over $1\frac{1}{2}$ lb. of veal cutlet, and fry in 2 oz. more of butter. Place all in a saucepan, and add one pint boiling milk, and stew gently until reduced to a third of the quantity. Add some lemon juice half an hour before serving.

VEAL CUTLETS.

Dip the cutlets in olive oil, or rub them with fresh butter. Bread-crumbs them. Season with pepper and salt and minced herbs. Broil over a gentle fire, and serve very hot, with the following sauce.

SAUCE PIQUANTE.

Put into a saucepan one carrot, two onions, a minced parsnip, and a lump of butter. Heat them over the fire till the vegetables are coloured, then add a good pinch of flour, some stock, and half a glass of vinegar. Season with a bunch of herbs, salt, and pepper, and boil over a gentle fire till the sauce is reduced to a good consistency.

FRICANDEAU OF VEAL.

Cut a thick slice of about 3 or 4 lbs. of fillet of veal, trim it neatly round, and lard it with fat bacon. Put it into a saucepan with some onions, carrots, a slice of bacon, and some parsley. Baste it frequently with meat stock or broth, and, when well coloured, take the fricandeau out and serve it with the gravy skimmed and strained. It may be served with tomato sauce or a purée of sorrel.

PURÉE OF SORREL.

After having picked, washed, and well drained the sorrel, put it when dry into a saucepan, with a good lump of butter, pepper and salt, and when done, just before serving, pour over the yolks of two eggs mixed with a little milk.

STEWED RABBIT.

Cut a rabbit into pieces of equal length, heat them in some butter, then take them out of the saucepan and make a sauce with two spoonfuls of flour and some broth. Add some white wine (or two table-spoonfuls of vinegar) and some mushrooms. Let the sauce boil, then put in the rabbit, and boil up quickly.

BEEFSTEAK (with Macaroni).

Take a pound of beefsteak and put into a saucepan with some rind or fat of bacon. When both are well-coloured take the bacon out, and add some finely-chopped onions and shalots, a bunch of thyme and parsley, a few cloves, a tablespoonful of vinegar or lemon juice, the same of Harvey Sauce, a little pepper and salt, and a tea-cupful of good gravy or broth. Let it stew until quite tender, then add a little butter, into which rub a heaped teaspoonful of flour, and let it stew a little longer. Put $\frac{1}{2}$ lb. of macaroni in five pints of boiling water. When half done, add some salt. Leave it for one minute on the fire, then take it off, and throw in some cold water to check the boiling. Drain the macaroni for a moment, then throw it into the stewpan with the meat and gravy (if there should not be enough of the latter, add some broth). Let all stew together till the macaroni is heated, then remove the herbs, and serve the beef on a very hot dish, with the macaroni round it.

FILET DE BŒUF (with Artichokes).

Take a large piece of undercut of sirloin of beef, remove the skin and gristle, trim it into a nice shape,

and lard it. Then put it into the oven for twenty minutes.

Take four or five artichokes, wash them well in several waters, and put them into boiling water with a little salt; when half done take them off the fire, remove all the leaves and the chokes, and cut the bottoms into quarters. Make a nice brown sauce, add the beef with the juice that has come from it in the cooking and the artichokes, and let them all stew together till the meat is sufficiently done. Serve the meat with the sauce and the artichokes round it.

FILET DE BŒUF—Sauce Béarnaise.

Prepare the beef as in preceding receipt, and serve with Sauce Béarnaise in a sauce-boat.

SAUCE BÉARNAISE.

Mix together a wine glass of white wine, a handful of tarragon leaves (or one tablespoonful of tarragon vinegar), one shalot, two eggs, and six oz. of butter; stir all the time on the fire till just lukewarm. For cold meat it is served cold.

FILET DE BŒUF (with Stuffed Tomatoes).

Prepare and lard the beef as in preceding receipt. Take eight very firm and ripe tomatoes, cut off the stalks and remove the pips, taking care to keep the tomatoes whole. Dip some crumbs of bread in a little broth, then mix in some minced thin bacon, fine herbs, a *very* little garlic, salt, pepper, grated nutmeg, an egg, and three spoonfuls of olive oil. Put this stuffing into a saucepan with any of the juice that has come from

the tomatoes and a little broth. When done let it get cold, and then fill the tomatoes with it, and put them in a saucepan with lid on the fire. After the beef has roasted half-an-hour, make a brown sauce adding the gravy of the beef, and stew the beef for quarter of an hour in it. Then serve it up with the tomatoes round it.

FILET OF BEEF (with Mushrooms).

Cut into nice small rounds, being careful to remove all skin and gristle, and that each piece is of the same size ; flatten them with a beater, and arrange them in the pan, then season with salt and pepper ; melt a lump of butter and pour over them ; let them cook over a brisk fire ; when done on one side turn them on the other ; dress them on a dish, putting the smallest pieces in the middle. Pick and wash some mushrooms, then put them into the pan, and do them in the same seasoning as the fillets ; add a lump of glaze the size of a nut, a spoonful of brown sauce, the juice of a lemon, and a little butter ; mix all together, cover the fillets, and serve.

SALMI OF WILD DUCK.

Put a bit of butter the size of an egg, with some flour rubbed in, into a saucepan on the fire, and when the butter is melted, add three whole shalots, a glass of red wine, half a glass of broth, and a bunch of herbs. Season with pepper and salt. Boil for half-an-hour, then put in the wild duck cut in pieces, and simmer gently for quarter-of-an-hour. When ready to serve, add some lemon juice, a spoonful of olive oil.

Remove the herbs and the shalots, and serve very hot. Cold roast wild duck answers very well for this receipt.

CLEAR VEGETABLE SOUP.

Take three lbs. of good juicy lean beef (*not* soup meat), cut it into small dice, put it into the soup pot, with only a glass of water at first, stir well till the meat is in a kind of glaze, then add gradually five quarts of water. When it comes to a boil take it off the fire and remove the scum, then fill the pot with every kind of soup vegetable, such as carrots, turnips, leeks, onions, celery, and parsnips, taking care not to let it flavour too strongly of the two latter. Let it stew quietly all day, and at night strain into an earthen pan. In the morning remove the fat, put the soup on the fire, and when just *warm*, add gradually the whites of two eggs whisked with half-a-pint of water (the shells may also be added), continuing to whisk all together, but when boiling it must not be stirred. Let it only boil for about two minutes, then draw it from the fire and let it stand at the corner of the range for a quarter of an hour, then strain through a fine cloth. Have ready some very fine vegetables, carrots, turnips (cut with the "Coupe Julienne"), and fresh peas when in season, and boil them separately in a little stock; when quite done throw them into the soup and give them one boil.

COLBERT SOUP.

Make the soup according to the preceding receipt, omitting the vegetables added after the soup is clear.

Have ready as many poached eggs on a separate dish as there are people, put an egg into each plate, and pour the soup over it.

ROYAL SOUP.

Beat up a raw egg, add a spoonful of stock, pour both into a buttered mould, put it in a saucepan of boiling water on the fire, and when of the consistency of cream take it off, and when cold turn out of the mould into a plate, and cut it into small dice; take some clear brown soup made by preceding receipt, add some tapioca* gradually while it is boiling (in the proportion of a dessert-spoonful for each person); it should boil half an hour, then add the prepared dice, and serve very hot.

CLEAR OX-TAIL SOUP.

Stew down three ox-tails in plain gravy. Take from two to three quarts of the beef stock. Clear it, and flavour with cayenne pepper and port wine. Take the tails out of the gravy, cut them into joints, and heat them again in the soup ten minutes before serving.

CLEAR HARE SOUP.

Take the body and blood of the hare and put them into a stewpan with three pints of cold water. Add some peppercorns and onions (fried in the pan with some thyme). Let it simmer all day; then skim well; strain through a hair sieve, and let it stand till next day, when clear it. Roast the fillet of the hare;

* Groult's Prepared Tapioca is the best for soup.

cut it into very neat squares (not larger than small dice). Just before serving mix them into the soup while boiling; but the soup must never boil after the meat has been put in.

OLEAR MOCK TURTLE.

Put a very fine fresh calf's head with the skin on into warm water to discharge the blood, then boil it for two hours, and when cool cut the fat parts of the head which adhere to the skin into pieces one and a half inch square, and wash them well in several waters to clear away all loose particles, have ready some good beef stock slightly flavoured with mushrooms, truffles, cayenne, and salt; put the stock into a saucepan, adding five carrots, five turnips, five onions, two shalots, some celery and sweet herbs, cutting the vegetables into slices; add two bay-leaves, some cloves, three tablespoonfuls of tarragon vinegar, one of soy, and two or three slices of lean ham chopped into small dice, simmer for two hours, then strain through a tammy, put in the prepared pieces of calf's head, boil all together, and, just before serving, add one tablespoonful of brandy, and two of white wine and lemon juice.

VENISON SOUP.

Take the shoulder-blade and stew in butter till tender. Let it get cool. Cut off the best part of the meat, mince it fine, and pound it in a mortar, making it into a paste with a little broth or stock, and pass it through a sieve. Cover the bottom of a saucepan with beef suet; lay some slices of onions and carrots

on the top ; cut up the rest of the meat in bits till the saucepan is half full, and leave it on the fire without stirring till the bottom of the saucepan is covered with a dark brown glaze. Pour a little water over from time to time to prevent it burning. When the juice is very brown pour off the fat, and add some weak stock. Let it boil, and when sufficiently done strain and skim. Brown some sliced celery, carrots, and parsley, and a slice of ham in butter. Add a few spoonfuls of flour, and when well coloured put it into the venison gravy ; a little beef stock—the stock in which the blade was boiled (skimmed and strained) ; some red wine ; and simmer slowly for an hour. Then remove the scum and fat, pass through a sieve, and season with salt and pepper. Just before serving mix it while boiling with the pounded meat. It must never boil after the meat has been put in.

COLD DISHES.

SALAD OF COLD CHICKEN.

Cut up a cold boiled or roast chicken (boiled answers best) into joints ; dish them neatly and garnish with lettuce, hard-boiled eggs, strips of cooked carrots, gherkins, fillets of anchovies, and capers. Pour over some Ravigote or Mayonnaise sauce.

RAVIGOTE SAUCE.

Take a handful each of the following :—Watercress, chervil, burnett, tarragon leaves, young celery

leaves. Mince them with a few shalots, capers and fillets of anchovies. Pound all in a mortar till well bruised. Then add the yolk of a raw egg well beaten, some oil, and a little vinegar from time to time to prevent it turning. When the sauce is well mixed add a little mustard.

MAYONNAISE SAUCE.

Mix the yolk of one raw egg and the yolk of a hard-boiled egg well together, add five or six tablespoonfuls of oil, one tablespoonful of tarragon vinegar, a little chutney, and one tablespoonful meat jelly.

Another good receipt is to take the yolk of a raw egg, put it into a bowl with a little salt and the juice of a lemon, stir with a wooden spoon, dropping in the oil, and as the sauce thickens add the vinegar.

MAYONNAISE or SALAD DRESSING (in Bottle).

The following is a good receipt, and one you can always have ready at hand :—Put the yolks of four fresh eggs into a basin. Mix in a quart bottle of good salad oil, and stir with a wooden spoon till all is worked into a good lump. Add two teaspoonfuls of salt ; the same of made mustard ; two tablespoonfuls of Chili and French vinegar, Worcestershire and Harvey sauce. Mix all well. Then add by degrees one quart of cream, and bottle for use. If well made this will keep for six months.

TARTAR SAUCE.

Take three shalots, some shives, chervil and tarragon leaves, mince them all very fine, season with

pepper and salt, add a spoonful of vinegar, three of oil, and two of mustard. Mix all well together and serve.

SALADS.

Any of the above-mentioned sauces are good for salads, but great attention is required in preparing the salad itself. The leaves should be picked, then carefully washed and *thoroughly* dried, either in a cloth or salad basket.* Some people like a plain sauce of oil and vinegar.

For a salad for six persons, put three spoonfuls of oil to one of vinegar. Put some pepper and salt into a wooden salad spoon, pour over first a little oil to dissolve the salt, then add the remainder of the oil. Mix the salad well so that each leaf is well saturated with the oil, then add the vinegar. Chervil, tarragon, or any other leaves chopped up may be added to the salad.

WINTER SALAD.

Take two Spanish onions, well boiled, and when cold, cut them into slices and arrange them neatly in a salad bowl. Pour over a sauce composed of thick cream, a little vinegar, mustard, and salt, and garnish round with beetroot which has been boiled, and when cold cut into shapes.

BEETROOT SALAD.

Boil some beetroot and two Spanish onions, let them get cold, then cut them into slices—add some celery cut into bits, and pour over a sauce made with

* A wire salad basket is *always* used in France. The cook puts the lettuce into the basket, and swings it backwards and forwards till the leaves are perfectly drained and dry.

one tablespoonful of vinegar, half of elder and half of tarragon vinegar, six drops of Chili vinegar, a tablespoonful of well-mixed mustard, and a little salt. This salad is better if set on ice for a short time.

LOBSTER SALAD.

The salad must be crisp, and *thoroughly* dried after being well washed.

Cut up some lettuce and endive, then pour over them some mayonnaise sauce, then throw in whatever other salad you have (tarragon leaves or chervil are a great addition). Mix all well together. Take a good hen lobster, pick the meat from the shell, and cut it into small square pieces; put half into the salad with the pickings from the body, and keep the other half for putting round the dish, which must be decorated with taste. Cover the middle with the mayonnaise sauce, dotted with green capers and fillets of anchovies at intervals, and garnish with hard-boiled eggs cut in halves as a border, and with the coral of the lobster and the remainder of the body.

RABBIT JELLY.

Stew a rabbit till the meat comes easily off the bones; take the liquor and colour it a light golden colour with a little stock, dissolving in it a little gelatine; season the meat and press it down into a mould, with a hard-boiled egg chopped up mixed in it; pour over the prepared liquor, and set on ice.

MAYONNAISE OF TURBOT.

Take some fillets of cold turbot, remove the skin and thin them, and cut into rounds. Put them in a

dish, and season with salt and pepper, oil and tarragon vinegar. Dress them in a circle, and garnish round with hard-boiled eggs, fillets of anchovies, gherkins, tarragon leaves, truffles, beetroot, and capers. Put a border of aspic jelly, and fill up the hollow with Mayonnaise Sauce.

MAYONNAISE OF TURKEY.

Proceed in the same manner as for the Mayonnaise of Turbot.

PRAWN SALAD.

Prawns used instead of lobster make an excellent salad. Proceed as in last receipt.

ASPIC OF JELLY (with Fole Gras).

Make the stock of two or three pounds of lean beef, cut into dice, pour over it a very small quantity of water, and let it boil, constantly stirring till the meat is in a glaze, then gradually pour over two quarts of water. When boiling, skim carefully. Let it simmer for half an hour, then add the vegetables,—a turnip, a carrot, a bunch of sweet herbs, and some onions, also some peppercorns. It must boil for an hour longer after the vegetables are put in, then strain and skim, then put into another saucepan to clarify it, which is done by whipping up an egg with the shell, and when well mixed, throw it into the boiling stock for two minutes. Then take it off the fire and cover the saucepan, and let it remain for half an hour without stirring, then strain through a flannel bag. If the jelly is not firm enough, you can add an ounce of

gelatine, previously soaked in cold water, before clarifying it. Cut some hard-boiled eggs and truffles into shapes, and lay them carefully at the bottom of a mould, then pour the jelly over them just to cover them. When the jelly is set, cut small slices of *paté de foie gras*, and put them in a layer on the top of the first layer of jelly; continue alternate layers of jelly and slices of *paté de foie gras* till the mould is full, being careful not to put on the layers of the latter till those of the jelly are well set. Put in a cool place or on ice, and when ready to serve, put the mould into tepid water and turn out.

LOBSTER ASPIC.

Prepare the jelly as for the last receipt, decorating the bottom of the mould in the same way, but instead of the slices of *paté de foie gras* put a row of scallops of lobster alternately with a row of lobster butter set on ice, and also cut in scallops. To make the scallops of lobster, cut out the flesh of a fine lobster into scallops, seasoning with salt, pepper, and lemon juice. To make the lobster butter, pound the coral, pass it through a silk sieve, then mix it with a little fresh butter. Blend well with a spoon, season with pepper and salt. Heat for one hour in the *bain marie*, strain through a napkin over a pan of water, raise the butter which is on the surface of the water, put into a napkin, pass it again through the sieve, and mix with a little more butter. Spread it on layers on a flat baking dish, which you set on ice, and when quite hard cut out scallops with a paste cutter the same size as the lobster scallops, covering each row with layers of jelly, which

must be allowed to set before placing the next row of scallops.

ASPIC JELLY (with Poached Eggs).

Make some aspic as in preceding receipt. Warm it, and when tepid pour some into the bottom of a mould (or into small moulds), and when set, lay on the top some poached eggs decorated with truffles ; then fill up the moulds and set on ice.

GLAZED VEAL CUTLETS.

Cut six good-sized veal cutlets from the neck, lard them with strips of tongue and truffles ; line the saucepan with slices of bacon, and lay some on the cutlets ; season with salt and pepper, add two carrots, two onions (with two cloves stuck in one), and a bunch of sweet herbs ; pour over a wine-glassful of Madeira, and a spoonful of stock, and leave the saucepan on the fire for an hour. When the cutlets are done, drain them, putting a weight at the top, and leave them to get thoroughly cold. Trim, then glaze them, and dress them on the dish, the meat part at the top, and decorate with the whites of hard-boiled eggs, truffles, and gherkins. Put a border of aspic jelly round the dish, and fill up the hollow of the circle with thick Mayonnaise Sauce.

PHEASANT PIE.

Bone the pheasant, lay it breast downwards on a cloth, and fill the inside with any kind of seasoning (truffles are a great improvement) you like. Then spread over it alternate layers of forcemeat, slices of

veal, cutlet, and ham, finally rolling the pheasant over, making the skin meet at the back. Line an ornamental raised earthen pie dish with some forcemeat, put the pheasant in the middle, and fill up the sides with slices of the ham and forcemeat.

PARTRIDGE PIE.

Take two or three partridges (according to the size), carve them into joints, season them inside with pepper and salt, adding some butter, chopped parsley, and any other seasoning you wish. Line the pie dish with alternate layers of slices of veal cutlet and ham, also well seasoned. Put in the partridges, and pour over the whole half a pint of good meat stock, then put on a cover of puff paste, which must also line the edges of the dish. Brush over with the yolk of an egg, and bake in a moderate oven.

P.S.—A grouse pie is also made in the same way, substituting rump steak for the veal and ham.

HARE PIE.

Bone a hare, lay on one side the fillets cut into two or three pieces, and the meat of four of the joints. Mince the remainder with the liver, $\frac{1}{2}$ lb. of raw ham, and $\frac{1}{2}$ lb. of lean pork, and 1 lb. of slices of veal. Garnish the bottom and sides of an earthen pie dish with slices of bacon, pour in half of the above minced meat. Place the fillets and other pieces of hare in the middle; fill it up with the remainder of the mince, to which add some slices of truffles, a glass of old brandy, and cover the top with slices of bacon, so that

the dish is quite full. Then put on the cover, and a rim of paste round the border; put it into the oven for four hours. When cold, serve.

GALANTINE OF TURKEY.

Take a large-sized, well-fed turkey, bone it, beginning by the back, and taking care not to break the skin. Raise part of the flesh of the leg and stomach, removing all gristle, cut the half into fillets, and mince the rest. Take a piece of veal the same size, and cut the half into fillets, and a bit of fat bacon, cut half of it into lardoons, and mince the other half, then prepare a row of truffles. Stretch the skin of the turkey with the flesh uppermost, cover it with the stuffing made of the minced turkey, veal, and bacon, seasoned with salt, pepper, and spices, and arrange alternately the fillets of meat and the truffles, then lay another layer of stuffing, and then again the meats, and so on, till all are used. Make the galantine into a long shape, cover it with strips of bacon, and fold it up in a very clear piece of linen, which must be rolled very tight and then sewn. Put it into a braising pan just its size, with lardoons of bacon above and beneath, add some leg of veal cut into pieces, four carrots split in two and cut into slices, three onions, and a fourth onion stuck with three cloves, and a bunch of sweet herbs. Season with salt, pepper, and spices. While all these preparations are being made, pound the carcass of the turkey, put it into a saucepan with two large spoonfuls of broth or stock. Let it boil for nearly an hour, pass through a tammy, and use this gravy to thin the galantine, add a glass of white wine, and leave it on the fire for four

or five hours. If you wish to have the jelly transparent, it must be clarified. Take the white of an egg and break it into the jelly when a little more than tepid, stir well, and put it on the fire. When the jelly has boiled up two or three times, pass it through the tammy, let it set, and when cold decorate the border of the galantine with it.

GALANTINE OF VEAL.

Bone a medium sized breast of veal. Remove the scrag, and trim the meat. Lay on it two slices of lean ham. Take 1 lb. of pork sausages, the whites of three hard-boiled eggs, and make a forcemeat, adding sweet herbs, the juice and rind of a lemon chopped very fine, and season with a little cayenne. When all are well mixed together, spread the forcemeat over the ham, lay the yolks of the eggs along the centre, roll the veal up tight, and bind it with a tape. Sew it up in a cloth, stew gently for four hours, and place under a weight till cold.

PAYSANDU OX TONGUE.

These tongues are excellent. They are prepared in tins ready cooked, and there is nothing to be done to them but to turn them out of the tins, and decorate the tongue with the jelly with which they are covered.

ANCHOVY SANDWICHES.

Cut some thin slices of bread and butter in the shape of long fingers. Lay on each side a couple of fillets of anchovies, and some finely chopped French olives, and make them into sandwiches.

EGGS (with Anchovies.)

Cut some bread into nice squares, and butter them pretty thickly. Take some hard-boiled eggs, cut them into two, and make the bottoms square, so that they stand upright on the bread. Cut some fillets of anchovies into squares, and garnish the eggs with them, and fill up the centre with chopped olives or capers.

EGGS (with Grated Ham).

Cut some hard-boiled eggs into slices, and lay on each slice some chopped fine herbs. Pour round them some clear gravy, mixed with a little Worcestershire or Harvey sauce, and serve on a separate dish some thin squares of bread and butter with grated ham on the top.

SARDINES.

Take the sardines out of the tins in which they are sold, dry them with a cloth, then dish them neatly. Pour over some fresh oil, and serve them with capers round them, and thin brown bread and butter on another dish.

HAM.

Soak it for a few hours in vinegar and water, then put it on the fire with sufficient cold water to cover it, bring it gradually to the boil, and as the scum rises, carefully remove it; simmer very gently until tender. When it boils add two heads of celery, two turnips, three onions, and a large bunch of savoury herbs. When done, take the saucepan off the fire, let the ham remain in the water till nearly cold, then take it out,

strip off the skin, glaze the ham, and put a frill round the knuckle.

SPANISH HAM.

Spanish hams ought to be boiled slowly for three hours, then roasted for an hour, and either served hot, or allowed to remain till cold.







SWEET DISHES.

CABINET PUDDING.

Butter a mould pretty thickly, fill it up with thin slices of sponge-cake, adding some candied lemon peel at the bottom of the mould, and scattering some currants and raisins between the slices, which must be covered with a few drops of melted butter.

Take four eggs, beat them well up, add a pint of milk sweetened to taste, and flavoured with essence of vanilla. Stir all well up for a few minutes, then strain into the mould, which should be quite full, put a piece of buttered paper over it, and let it stand for two hours, then put the mould into a pudding cloth, and let it boil slowly in boiling water in the *bain marie* for an hour. Before taking off the cloth let it stand for a few minutes, then turn it out of the mould, and serve with wine or any other sweet sauce.

PUDDING SAUCE à la Vanille.

Beat up two eggs and half a pint of milk in a bowl, sweeten to taste, and flavour with essence of vanilla, or the pod, which can be taken out and used several times afterwards, then pour into a china saucepan,

which put into a *bain marie* of boiling water. Stir the sauce one way until it thickens, but never let it boil. Serve in a boat or tureen separately.

TAPIOCA PUDDING.

Soak $1\frac{1}{2}$ oz. tapioca in cold water until soft, stirring it now and then. Mix three well-beaten eggs with a little sugar and a pint of cold milk, flavouring with essence of lemon or vanilla, stir in the tapioca, pour the whole into a buttered dish, and bake in a moderate oven.

RICE PUDDING.

Beat three eggs very lightly, take a wine-glassful of rice well washed, add a quart of milk, a little salt, two tablespoonfuls of sugar, and one of butter, add the eggs, and bake for an hour in a quick oven.

RICE PUDDING (Without Eggs).

Take two tablespoonfuls of rice, one of sugar, and a quart of milk. Mix all well together, adding whatever flavouring you like, then put into a pie dish, and bake in the oven for two or three hours.

BREAD AND BUTTER PUDDING.

Put into a quart pudding dish very thin slices of bread and butter (buttered on each side), only half filling the dish, strew over some currants, and pour a wine-glassful of brandy over the bread. Make a custard of three eggs well beaten, and a pint and a half of milk, sweeten and flavour to taste, then pour it over the bread and butter, and bake in a quick oven.

NAPLES PUDDING.

Take a small copper mould, lay three Naples biscuits across in length (or more according to the size of the mould). Soak each biscuit in Kirsch or any other liqueur, then cover them with a layer of red currant or raspberry jelly. Lay three more biscuits on the top of the last, placing them in width, and continue alternate layers of biscuits and jelly (being always careful to soak the biscuits in the liqueur) till the mould is full. The last layer of cakes must be dry. Boil one pint of milk with a pod of vanilla. Add the yolks of four eggs, well beaten. Keep stirring all on the fire till the mixture coats the spoon. Then take it off, and let it get cold. Turn out the cakes, and pour the custard over them.

COLLEGE PUDDINGS.

Take the weight of two eggs in the shell in butter, flour and sugar. Half melt the butter, beat the yolks and whites of the eggs separately, mix the butter and sugar together, flavour with essence of vanilla, then add the eggs and the peel of half a lemon grated, then stir in the flour. Butter some timbale cases, fill them rather more than half full. Bake them in a moderate oven for twenty minutes or half an hour. Serve with a sauce made with three teaspoonfuls of red currant jelly dissolved in the same quantity of water, adding a little dissolved isinglass.

TIMBALES OF RICE.

Boil a pint of milk with a quarter of a pound of rice over a slow fire. When the rice begins to swell, stir

in two ounces of butter and half a pint more of milk, then take it off the fire, and when nearly cold, add four eggs, well beaten. Butter the timbale cases, and fill them three parts full with the mixture, and bake in the oven for nearly three quarters of an hour, then turn them out on a hot dish, and serve with stewed fruit round them.

APPLE TIMBALES.

Take some good apples, and having peeled and cored them, put them on the fire with just enough water to prevent them from burning, and beat them to a pulp. Make a clear syrup of white sugar (which must be in lumps), and add it with some shreds of lemon peel to the apple pulp, and stir over the fire till the apples coat the spoon.

Dip the timbale cases in water, then pour in the mixture, and when cold turn them out of the cases, and decorate them with strips of angelica or blanched almonds. Pour a rich custard round them.

BREAD TIMBALES.

Soak half a pound of bread crumbs in a pint of boiling milk (flavoured with a pod of vanilla) for half an hour. Beat up four eggs, mix them with four ounce of butter and the soaked bread crumbs, adding white sugar, lemon peel, and a little brandy. When all are well mixed together pour into small timbale cases, previously well buttered, and bake in the oven from twenty minutes to half an hour. The cases must not be quite filled, so as to allow the mixture to rise. Serve with fruit or any other pudding sauce.

LEMON PUDDING.

Peel two lemons thin, which boil till tender ; rub through a hair sieve, and preserve the fine pulp. Take $\frac{1}{2}$ lb. Naples biscuits, 1 oz. fresh butter, and pour over this some boiling milk or cream. When cold, mix in the pulp of the lemons and four eggs well beaten. Sweeten to taste, and add a little brandy. Line and edge a tart tin with puff paste. Put in the mixture, and bake in a moderate oven.

SEMOLINA BLANOMANGE.

Boil a pint and a half of new milk, sweeten and flavour to taste. Stir in $2\frac{1}{2}$ ounces of semolina, and boil eight minutes. Pour into a mould ; when cold, turn out and serve with cream and apricot jam.

LEMON BLANOMANGE.

Boil a pint of new milk, and when it boils take it off the fire. Have ready the yolks of six eggs and some white sugar well beaten. Whip them with the milk, and put on the fire again, but take great care not to let it boil. Take it off the fire and whip it till nearly cold, then add half an ounce melted isinglass, and whip again till thick. Oil a mould, fill it with the custard, and let it stand till next day. If not stiff enough then it must be iced. Serve round the following sauce. Make a thin syrup with loaf sugar, and when boiling squeeze in some lemon juice, when nearly cold throw in the peel of a lemon cut into very fine chips. When quite cold pour it over the blanchmange just before it is sent to table.

DIPLOMATE PUDDING.

Take a copper mould, cut some Naples biscuits the length of the mould and line it with alternate rows of biscuits and dessert raisins (soaked in white wine the previous evening). Put into a stewpan the yolks of eight eggs well beaten, four ounces of white sugar, half a pint of milk, and five leaves of gelatine. Put the stewpan on the fire, taking care not to let the ingredients come to a boil. Decorate the mould with dried cherries and angelica, then pour the custard into the mould, and set it on ice.* Serve with kirsch or any other white liqueur round it.

RIZ à l'Imperatrice.

Put two ounces of rice into a saucepan, with some milk, taking care not to let it boil too long.

Then put into another saucepan the yolks of four eggs, three ounces white sugar, a glassful of milk, and four leaves of gelatine. Take it off the fire the instant it is near boiling; mix the whole together with the rice, and when nearly cold, add some whipped cream.

Decorate a mould with dried fruit, pour into it the above mixture, and set it on ice.

ITALIAN CREAM.

Mix half a glass of white wine with the juice of two lemons and four ounces of loaf sugar; then add by degrees a pint of thick cream, stirring all the time; then whisk for a quarter of an hour. Dissolve $\frac{1}{4}$ ounce of isinglass in a cupful of hot new milk, stir it in

* For directions how to ice, see "Short's Dinners at Home."

lukewarm, to the other ingredients, and whisk all together for another quarter of an hour, then pour into a mould.

CHOCOLATE CREAM.

Steep rather less than an ounce of gelatine in half a pint of milk for half an hour. Then take half a tea-cupful of lump sugar and four bars of vanilla chocolate, grated, and add them to another half pint of milk, boil well, and then add the yolks of two eggs well beaten up. Then add the steeped gelatine and milk, beat all together as smooth as possible, and when tepid, put into a mould.

PISTACHIO CREAM.

Four ounces of Pistachio nuts, one pint of milk, three ounces of powdered sugar. Blanch and peel the nuts, then pound them in a mortar with a little lemon peel, and strain through a hair sieve; then add the milk and sugar previously beaten up with the yolks of two eggs. Boil all together over a moderate fire, and stir till the cream is done, being careful not to let it thicken too much. Then pass through a tammy, and when cold, serve.

APPLE CHARLOTTE.

Cut the apples into quarters, core and peel them. Mince them very fine, put them into a stewpan with pounded sugar, cinnamon, the peel of half a lemon, and a *few drops* only of water. Put them on a rather brisk fire, taking care to stir without breaking them. Let them stick lightly to the pan, then add a lump of fresh butter the size of an egg, mix all well

together; take out the cinnamon and lemon, cut some thin slices off the crust of a thin fresh roll, then cut some rounds off them (the size of a shilling) with a paste cutter, and cut the remainder of the crust into pieces a finger in length and two in breadth, squaring the ends. Take a round copper mould, spread clarified butter all over it; dip each of the round pieces of crust in clarified butter, lay them at the bottom of the mould and the long pieces on the sides, taking care that the edges lap over each other so that no space is left between. Fill the mould with the marmalade of apples, adding some apricot marmalade, stirring all well together. Cover the mould with slices of the bread dipped in clarified butter, and bake in a moderate oven for about an hour; then turn out and serve very hot.

BRANDY CREAM SAUCE.

Take a good lump of *very* fresh butter. Beat it up to a cream till it appears quite white at night; add some pounded sugar and a small wine-glassful of brandy. It ought to look like cream, and is a delicious addition to an apple Charlotte, tarts, and all kinds of puddings.

STEWED PEARS.

Take half a dozen good baking pears, leave them in cold water for half an hour. Put two ounces of butter and a little sugar into a saucepan, then add the pears, with sufficient cold water to cover them, and let them boil until tender. Take out the pears, add half an ounce of gelatine and a little prepared cochi-

neal to the syrup, and boil up quickly for about five minutes. Arrange the pears neatly on a dish, sprinkle them with sifted sugar, and pour the strained syrup over them.

COMPOTE OF APPLES.

Take seven fine apples, remove the core and peel, put them into water with the juice of a lemon. Clarify $\frac{1}{2}$ lb. of sugar, throw the apples in the syrup, and boil them gently. Try them from time to time with a fork to see if they are tender, and when sufficiently done remove them and arrange them neatly in a dessert dish ; then reduce the syrup and pour it over the apples.

COMPOTE OF APPLES (with Apricots).

Take ten very firm and sound apples, remove most of the pulp, being very careful not to break the apple. Then peel them, and put them one by one into cold water ; drain, and place them in a preserving pan, adding some sugar and water, and put all on the fire. When the apples are soft, remove them carefully, and arrange them in a dessert dish. Take some apricot marmalade and fill the cavity of each apple with it up to the top. Cut some lemon peel very fine into rounds, which lay on the top of each apple. Make a syrup of clarified sugar, and pour it over the apples.

COMPOTE OF APRICOTS (Whole).

The apricots must be yellow and not too ripe. Cut off the stem, and make an incision in the fruit large

enough to remove the stones, then prick them with a pin on each side of the stem ; then put them into a stewpan with sufficient water to cover them. When they have boiled enough put them into cold water ; but should any of the fruit happen not to be sufficiently tender, they must remain on the fire till they are all equally soft, and let them drain. When the sugar is clarified, skimmed, and sufficiently boiled with a little water, take it off the fire and put in the apricots, let them boil up two or three times on a gentle fire, and then leave them to get cold ; drain and arrange them in a dessert dish.

COMPOTE OF CHERRIES.

Take 1 lb. of cherries, cut off the half of the stalk, and wash them in cold water ; put about $\frac{1}{2}$ lb. white sugar into a pan, with some water to melt it ; let it boil to a syrup, then throw in the cherries (which must be previously allowed to drain through a tammy), and let them boil up over a sharp fire ten or twelve times ; then take them off the fire, and skim with either a spoon or a bit of blotting paper ; then let them get cold, and serve in a dessert dish.

COMPOTE OF RASPBERRIES.

Take double the weight of fruit to sugar. Let the raspberries be as little broken as possible. Clarify the sugar over a gentle heat, then take it off the fire. Pick the fruit and put it into the syrup, and mix all together by shaking constantly the pan. Let them stand for a few minutes, then put them on the fire again with the lid on the stewpan, and when they

have boiled up once, take them off the fire ; and when cold put them in a dessert dish.

COMPOTE OF GREENGAGES.

Divide each into two, take out the stones, dress them in a dessert dish, and throw over them sufficient syrup made with white sugar to cover them, and when it has thoroughly soaked in, add half a glass of Maraschino, Curacao, or any other liqueur.

SALAD OF ORANGES.

Cut the oranges into thin slices, leaving on the rinds ; arrange them neatly on a china dish, pour over half a glass of either brandy or rum, and sweeten with pounded sugar.

BUTTERED APPLES.

Scoop out the centre (removing all the pips) and fill it up with butter, cloves, brown sugar, and shreds of lemon peel ; then put them into the oven for five minutes, and serve on croutons of bread fried in butter.

STRAWBERRY CREAM.

Boil a pint of cream, let it be covered, and get cold. Strain the juice of some fresh strawberries, sweeten with loaf sugar, and add to the cream, which must then be passed through a sieve. Stir it over a very slow fire till it thickens, being very careful not to let it curdle. Set it immediately on ice, and when cool, add two or three ounces of dissolved gelatine ; stir on the ice till it begins to thicken again, then take it off

and stir in quickly and lightly a pint of firmly whipped cream. Pour into the mould and set it to freeze ; then dip for one instant in warm water, and turn out.

N.B.—When strawberries are not in season, the same receipt answers for vanilla cream, by adding a pod of vanilla to the first pint of cream when boiling instead of the strawberry juice after it has been boiled.

PUNCH JELLY.

Take four ounces gelatine, eight ounces sugar, quarter of a pint of brandy, quarter of a pint best rum, the juice of six lemons, the peel of three cloves and cinnamon ; add one pint of water and the whites of four eggs well whisked together. Whisk the jelly on the fire till it boils, and then allow it to stand by the side with the lid on (containing live embers of charcoal) for about a quarter of an hour. Pour several times through a jelly bag into the mould, and set on ice.

ORANGE JELLY.

Squeeze the juice of one Seville and twelve sweet oranges, to which add the juice and grated peel of a lemon and half the peel of the Seville orange. Dissolve two ounces of isinglass in two pints of water, and reduce to half. Clarify half a pound of white sugar, and when the syrup is clear, put in the isinglass while the syrup is hot. Boil them well together, then strain and let it stand till nearly cold, when add the juice and grated rinds. Keep stirring to prevent the peel settling to the bottom as the jelly stiffens, then pour into a mould, and set on ice.

FRUIT JELLY.

Dissolve $1\frac{1}{2}$ oz. of isinglass in a pint of water, then add a pint of fruit acid. Mix and strain, then pour into a mould.

FRUIT ACID.

Dissolve 1 oz. tartaric acid in a pint of cold water. Pick 3 quarts of fruit—strawberries, raspberries, or currants and raspberries. Pour over the acid, and let them stand for twenty-four hours. Strain off the liquor without bruising the fruit. To each pint of clear liquid add $1\frac{1}{4}$ lb. loaf sugar, stir frequently, and when the sugar is dissolved, bottle for use. Should it ferment boil it up once.

LEMON CHEESECAKES.

Boil the peel of three lemons, and pound them whilst hot; then mix in $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ lb. of sugar, the juice of the lemons, and the yolks of five eggs. Bake in small patty pans in a thin crust.

ALMOND CHEESECAKES.

Blanch four oz. sweet and one oz. bitter almonds. Chop them up, not too finely, and do not pound them. Take four oz. white sugar, rub the peel of half a lemon on some of it. Pound and add to the almonds. Whisk well the whites of three eggs. Mix all together and bake in tins lined with puff paste. This quantity will make two dozen cheesecakes.

LIGHT PASTRY (for Tarts, Fingers, Vol au Vents, Etc).

Take $\frac{1}{2}$ lb. fresh butter, wash it well. Flour the paste board, then take $\frac{1}{2}$ lb. fine flour, pass it through

a sieve, put a good pinch of it on one side, mix the remainder well with the butter, then make a hole in the middle and pour in a little water, then a good squeeze of lemon juice (previously passed through a strainer). Work all together *very lightly*, taking from time to time some of the flour laid on one side to keep the paste dry and firm. Then roll out *lightly*, being very careful not to press the rolling pin, and always to begin from the end *opposite*, not *next* to you—four rolls is enough. The paste ought to be made in a very cool place, and left there till used.

MARMALADE OF APPLES.

Cut the apples into quarters, removing the core and peel; cut them into small pieces, put them into water, to which add the juice of a lemon to keep the apples white; then drain and put them into a stewpan, with $\frac{1}{2}$ lb. of sugar, some cinnamon, and the juice of a lemon. Put it on a brisk fire, taking care to put on the lid of the pan, and when the apples have burst, keep constantly stirring them till the marmalade is sufficiently boiled down, and put it on one side for tarts or pies.

FRANGIPANE.

Beat up five eggs (yolks and whites) with five spoonfuls of flour, add half a pint of milk, a little salt, and two oz. very fresh butter. Put this mixture in a saucepan, and keep constantly stirring it on the fire with a wooden *spoon*. When sufficiently done take it out of the saucepan and pour into a china dish to get cold. Pound twelve sweet and two bitter

almonds into a fine paste, add $\frac{1}{2}$ dozen crushed macaroons, and pounded sugar to taste; add them to the ingredients in the china dish, stirring briskly with a wooden spoon. If too thick, mix up one or two eggs when about to use it for tarts or tartlets instead of jam.

LONG PASTRY FINGERS.

Make some nice light paste, then roll it into lengths with raspberry or apricot jam between every two; bake in a quick oven. Strew over pounded sugar, and serve either hot or cold.

JAM SANDWICHES.

Take the weight of two or three eggs in the shell of butter, flour, and sugar, flavour to taste, roll the paste out *very thin*, and put it into a flat tin, and bake in the oven, then cut into two. Lay some jam on one half, and cover it with the other half, and cut into any shape you like.

VICTORIA CAKES.

Mix together $\frac{1}{2}$ lb. pounded sugar, six eggs, $\frac{1}{4}$ lb. of flour, and the same of sweet almonds pounded, a lump of butter the size of an egg, a little salt, and some orange flower water. Beat all well together, then roll out the paste to the thickness of *about* $\frac{1}{4}$ an inch, and bake in a gentle oven. You may cut them any shape you like.

MADELAINES.

Put 1 lb. of flour, 1 lb. of sugar, and $\frac{1}{2}$ lb. of butter (heated and then left to cool), with some chopped

lemon peel, into a saucepan with six eggs ; beat all well together (adding more eggs if the paste is too firm), butter some moulds, pour in the mixture, and bake in a gentle oven.

KIRSCH SOUFFLÉ.

Boil half a pint of milk, sweetened to taste ; when it comes to a boil throw in two tablespoonfuls of semolina, and keep on the fire (stirring all the time) till it thickens and is perfectly smooth ; then take it off and add a dessert-spoonful of potato flour, previously mixed in a cup with a little milk. Let the mixture get cold, then add the yolks of two eggs well beaten, and a tablespoonful of kirsch ; beat all well together, then add the whites of three eggs well beaten to snow. Pour all into a mould, which put into a saucepan of boiling water, and leave it in the oven for quarter an hour. Turn it out, and serve with the following sauce :—

Take two or three lumps of white sugar, dissolve with half wine-glass of hot water, then put into a saucepan with the same quantity of kirsch, and boil for a few minutes. This is a French receipt, and is most excellent.

VANILLE SOUFFLÉ.

Boil half a pod of vanilla in a pint and a half of milk, remove the pod (which will serve again), and let the milk get cold. Then mix with it 4 oz. maizena or corn-flour, and 3 oz. fresh butter ; sweeten to taste. Boil for three minutes, keeping it constantly stirred ; take it off the fire and let it get cold, and add

one by one the yolks of four eggs, mixing them equally. Take the whites of the eggs, add a pinch of salt, beat them to a stiff froth, and add them to the custard, stirring lightly from the bottom ; spread a little butter in a flat dish, pour in the soufflé, and put it in the oven for twenty-five minutes. Serve as soon as it rises.

OMELETTE SOUFFLÉ.

Take the yolks of six eggs, beat them up with four tablespoonfuls of pounded sugar, and the rind of half a lemon cut up very small. When ready to serve, then beat up the whites and add them to the yolks. Put $\frac{1}{4}$ lb. butter into the omelette pan, on a brisk fire. When the butter is melted, add the eggs, shake the omelette, and when you see that the butter is well soaked in, slip it on to a buttered dish, fold in two, and put it over some hot cinders ; sprinkle some pounded sugar, and pass the salamander over the omelette, being very careful not to make it too brown.

OMELETTE SOUFFLÉ (in a Mould).

Take the yolks of six eggs, three tablespoonfuls of pounded sugar, four crushed macaroons, a spoonful of potato flour, a little salt, and a few drops of orange flower water, and mix up all well together. Butter a mould and put in some bread crumbs, then turn over the mould, so that the bread sticks to it. When ready to serve the soufflé, beat up the whites of the eggs, and when set, mix them with the yolks and

other ingredients, and pour all into the mould, not filling it to the top; put it into a gentle oven, and when done turn it out on a dish, and serve immediately. It ought to rise well and be of a very good colour.



“MAIGRE ” DISHES.





MAIGRE DISHES.

MACARONI.

Put half a lb. macaroni in five pints of boiling water. When soft, add some salt. Leave it for one minute on the fire, then take it off, and throw in some cold water to check the boiling. Drain the macaroni and place it on the dish in which it is to be served layer by layer, lay a little fresh butter on the top with some pepper and grated cheese. Serve very hot.

WHITE HARIOOT BEANS.

This is a very useful dish in winter when other vegetables are scarce, and are not easily procured. They should be soaked in cold water from three to four hours, then boil them in cold water, with a little salt added, then leave them to simmer till tender, then drain, and leave them by the side of the fire to dry, removing the lid of the saucepan. Then add some butter, salt, and pepper. Shake the beans in it. Do not touch them with either a fork or spoon lest they should break. Serve very hot.

LEEK SOUP.

Peel and wash half lb. of leeks, cut them into strips of an inch and a half long, and three quarters an inch

in width. Put them in the pan on the fire with a little butter, and when they begin to colour, add a quart of water with a little salt and pepper ; then it begins to boil. Leave it by the side of the fire to simmer for twenty minutes. Take the yolks of two eggs well beaten, and mix in a bowl with a wine-glassful of cold milk. Put some slices of bread into the soup tureen about an inch long, add an ounce of butter to the eggs, and mix well together. Pour the soup in the tureen with one hand, and with the other throw in the beaten eggs, milk, and butter. When the latter is quite melted the soup is ready.

SPINACH SOUP.

Take some spinach, a handful of chervil, two cabbage stalks pounded, three or four onions sliced, and some marjoram. Mince all together very fine, and press out the juice till the vegetables are quite dry. Put some butter in the pan on the fire, and let the vegetables steep in it until soft, but not for longer, or else they will get watery. Then add a cupful of flour, well stirred in, and as much water as will make the necessary quantity of soup, add a little salt, and boil a good quarter of an hour. Before serving, put in the tureen the yolks of two eggs beaten up with a spoonful of cream, and pour over the boiling soup.

JULIENNE SOUP.

Take some carrots, turnips, and leeks, cut them into slices with the "coupe Julienne," add a pint of fresh peas when in season. Put them into four quarts of boiling water, and let them boil over a slow fire for

three hours and a half, then add two oz. of butter, strain through a sieve, and boil again for five or six minutes. Mix the yolks of two eggs with a little cream and put into the tureen, then gradually pour over the boiling soup.

VEGETABLE SOUP.

Take three carrots, three turnips, four leeks, a head of celery; cut them all up into very small dice. Heat 5 oz. of butter in a saucepan; when melted, put in the vegetables, leave the cover on the saucepan, and let them cook gently for about an hour. When done, add sufficient hot water to make the soup, season with pepper and salt, and boil for another hour, when serve very hot, leaving in the vegetables.

CRESSY SOUP.

Put four good carrots, one good-sized onion, and half a head of celery into a saucepan of boiling water. Boil slowly till the carrots are quite soft, and should the water boil away add more boiling water. Put the carrots through a tammy, and put them back into the soup. Boil slowly till of the proper consistency. Season with pepper and salt, and serve with bread cut into dice and fried in butter or oil.

SORREL SOUP.

Take a handful of sorrel; pick and wash it; then put into a saucepan. When done enough, pound and add sufficient water to make the soup, and a good lump of butter; and when ready to serve, bind with the yolks of two eggs.

ONION SOUP.

Pare twelve onions ; take off the heads and the tails, and cut them into thin slices. Melt a bit of butter in a saucepan. When very hot throw in the onion, which must be left in till it takes colour. Then add the water you think sufficient, season with pepper and salt, boil for quarter of an hour. Put some squares of bread into the tureen, and pour over the boiling soup.

LENTIL SOUP.

Take three oz. of lentils to three pints of water. Soak them for twelve hours, then put them into a saucepan with a good piece of butter, a little parsley, and some shives. Add half a breakfast cup of milk thickened with some flour, a quarter lb. bread crumbs, and flavour with a turnip and some celery. Simmer gently for several hours. Then strain and add some rice previously boiled, and serve with sippets of bread fried in butter.

SORREL.

Take a handful of sorrel, pick and wash it well, and then drain ; mince it up and put into a saucepan with a bit of butter, and try to let the sorrel fry in it ; then put two tablespoonfuls of flour into a bowl, and mix up an egg with it ; then stir well, and add another egg. Stir again, and add a glass of milk. When all are well mixed together pour over the sorrel, stir on the fire, and boil for a quarter of an hour. Serve with poached eggs.

CAULIFLOWER (with Cheese).

Boil the cauliflower in salt and water, then steep them in cold water and drain; dust them over with grated Parmesan cheese; dress them on a dish the bottom of which has been buttered and dusted with some of the grated cheese; cover them with white sauce, which must be pretty thick, and to which has been added some grated cheese. Join the cauliflower well, add more grated cheese and some fine bread crumbs, sprinkle over some tepid butter, and then another layer of bread crumbs, and bake in the oven till it browns.

WHITE SAUCE.

Boil half a spoonful of flour with sufficient water to form a clear paste. Add salt and pepper. When the flour is done enough put in a good lump of butter, which is only to be melted in the sauce. Just before serving add a little lemon juice.

FRENCH BEANS.

Throw them into boiling water and let them boil over a quick fire. When *nearly* done take them out of the saucepan and let them drain. Then put them into cold water to restore the colour; drain them again; then put them in the pan with some fresh butter and chopped parsley.

PEAS.

Soak a pint of freshly shelled peas in some cold water for a quarter of an hour; drain and put them into a saucepan over a gentle fire, shaking them con-

stantly ; add a bunch of parsley, and keep on stirring the pan until they are nearly done. Then melt three oz. butter worked into a spoonful of flour, add two or three spoonfuls of water, and leave on the fire till the peas are quite done. Season with salt, and serve very hot.

CARROTS.

Grate some young carrots, cut them in four pieces, then put them in the pan, and heat them in a little fresh butter, a spoonful of flour, and some fine herbs minced ; to prevent the butter colouring, be careful not to have too hot a fire ; add a few spoonfuls of water, and season with salt and pepper. When they are sufficiently done, remove the saucepan from the fire, dress the carrots on a dish, and just before serving pour over them the yolks of two or three eggs well beaten. If approved of, half a cup of good cream may be thrown over them when half done.

BOTTOMS OF ARTICHOKEs.

Remove carefully the leaves and chokes, and put the bottoms in a saucepan of water slightly salted ; do them over a quick fire, then take them out, drain and let them cool. Then take some small onions (allowing two or three for each artichoke), mince them up fine, heat them in a little melted butter without allowing them to brown, then mix some fine bread crumbs with the onions ; fill the bottoms of the artichokes with this stuffing piled up high to make them their natural shapes. Cover the whole with a layer of grated Parmesan cheese, put in a brisk oven

for a few minutes to brown them, and serve without sauce.

BRUSSELS SPROUTS.

Pick the sprouts, remove any yellow or dead leaves, wash them and boil them in very hot water with a little salt. When done put them into a saucepan with a good bit of butter, salt, and pepper, shake them well, then add a little white sauce, and serve.

ASPARAGUS—(Served like Peas).

Take some very young and small asparagus, cut them up as small as peas, put some boiling water with some salt into a large saucepan, put in the asparagus, and when they have boiled up several times, pass them through a strainer, then put them into cold water. Half an hour before serving drain them, and put them into a saucepan with salt and pepper, and a good bit of butter; when done, add a little water, two spoonfuls of flour, some salt and pepper, and a little pounded sugar; let them boil a little longer, then bind the sauce with the yolks of two or three eggs, and serve with sippets of bread round the dish, fried in butter or oil.

LENTILS.

Boil them, then drain and put them in a saucepan with a good bit of butter, minced parsley, and chives, some salt and pepper, and when done serve very hot.

SALSIFIS.

Scrape the salsify till very white, then put them into some white vinegar and water. Take a large

saucepan full of water, add some salt, a lump of butter the size of an egg, and four tablespoonfuls of white vinegar. When the water boils put in the salsify, and boil for an hour, then feel them to see if they are sufficiently done—they ought to be neither over nor under done. Drain and serve with white sauce. Some people prefer them fried. After they are boiled leave them to drain, then steep them for two or three minutes in a mixture of vinegar, salt, and pepper, and fry them in oil or butter.

SPINACH (with Cream).

Wash the spinach in several waters, and when perfectly free from stalks or any gritty substance, put into a saucepan with just sufficient water to cover it, adding some salt to the water. Stir it now and then with a wooden spoon, so that it may be done equally. When very tender drain in a colander, squeeze every drop of water from it, and chop it up finely. Then put into a stewpan with two oz. of butter on a gentle fire, and when the butter is well mixed with the spinach add some salt, a little sugar, and a wine-glassful of cream (more if you find it necessary), previously boiled. Then simmer for a few minutes, and serve on a very hot dish with sippets of bread fried either in butter or oil.

CUCUMBERS (with Cream).

Cut some cucumbers into small rounds, and let them boil in salt and water, and when they give with the finger, put them into cold water, then drain them in a napkin till quite dry. Put three oz. of butter into a

saucepan, three dessert-spoonfuls of flour, season with salt and pepper ; mix all well together, add half glass of cream, then put all on the fire, stirring continually till it has boiled up once, then take it off the fire. The sauce should be pretty thick, but if too much so add some cream. Put in the cucumbers and heat without allowing them to boil.

POTATOES (with Cream).

Boil some potatoes, then peel them, and cut them into rounds ; put a good lump of butter into a saucepan with a spoonful of flour, salt and pepper, and chopped parsley ; mix all well together with a glass of cream (or milk), and when it boils add the potatoes, and boil a little longer, when serve.

POTATO SOUFFLES.

Bake some good-sized potatoes for an hour and a half. Scrape out the inside without spoiling the skin. Mix with the potatoes some flour, a lump of butter the size of a walnut, a pinch of salt, and as much cream as will make it of the consistency of thick cream. Put them in a saucepan and boil for a few minutes, stirring all the time with a fork. Then fill the potato shells with the mixture, heaping it up very high. Be careful to do it loosely, so as to allow the soufflés to rise. Put them into a quick oven for ten minutes. Have ready a dish with a napkin ; lay them on it and serve *immediately*.

EGGS (with Onions).

Cut some onions in slices, put them in a saucepan with a good lump of butter and two spoonfuls of

flour. When the onions are done (but not browned) add a glass of cream, salt, and pepper. Take some hard-boiled eggs cut in slices, and heat them in the sauce, taking care not to let them boil, stirring all the while.

BECHAMEL OF EGGS.

Cut in very large dice three onions, one carrot, two whole shalots. Put into a saucepan with 6 oz. butter, and then let them brown on the fire for five minutes; then add 6 oz. of flour, 1 quart of milk, some parsley, and a little salt. Keep constantly stirring on the fire with a spoon for a quarter of an hour, then pass through a tammy. Take some hard-boiled eggs, cut them into slices half an inch thick, and put them with the b chamel sauce, after being strained, into a saucepan, till the eggs are heated, stirring them carefully so as not to break them.

SOLES (with Shrimp Sauce).

Raise the fillets off the soles. Soak the bones in a wine-glassful of white wine, adding a little salt and pepper, a laurel leaf, and some thyme. Put them in a saucepan on the fire till it boils, then strain and heat the soles in the seasoned wine. When they are done take them out; add to the sauce a pinch of flour, keeping constantly stirred. Take a pint of shrimps (more or less according to the quantity of fish you have), boil them in vinegar, salt, and water, then pick and pound them, and add to the sauce. Before serving, add to the sauce a lump of butter stirred up in a cup with the yolks of two eggs, and a

little lemon juice, but neither the eggs nor the butter must go on the fire ; pour the boiling sauce over, and then mix all well together, and dish the fillets nicely in a circle with the sauce *round* not *over* them.

FRICASSEE OF LOBSTER.

Break the shell, and take out the flesh carefully, cut it into pieces, and the coral, adding the spawn. Boil the shells in a pint of water, season with pepper and salt, and thicken with a little flour, butter, and cream. Heat the lobster in the sauce, and before serving add a little lemon juice.

OYSTERS (in Shells).

Take out the oyster, clean the shell, then place each oyster back in its own shell, leaving in it a little of the liquor, and adding some fresh butter ; sprinkle over some grated Parmesan cheese, then put into the oven, brown lightly, and serve very hot.

BROILED OYSTERS.

Take two dozen oysters, remove them from the shell, and put them into a saucepan, and heat them in their own liquor ; then throw away the water, and add to the oysters a lump of butter, a little parsley, chopped shalots, and pepper, and top them in the pan without letting them boil ; then put them into their shell with a squeeze of lemon juice, and cover them with a layer of bread crumbs, and broil them ; as soon as they boil in the shell, take them off the fire and serve.

QUENELLES OF FISH.

Pike is the best fish for this dish. Cut it into fillets, remove the skin and bones, mince up very fine, and then pound in a mortar; soak some crumbs of bread in milk for a minute or two only, squeeze out the milk, then pound in a mortar to give it substance; then add the fish, season with pepper and salt, mix all up together in the mortar with a little butter—there should be equal proportions of fish and bread, and half the quantity of butter. Work the whole into a good lump, then beat up in a cup an egg, and add it gradually to the paste, pounding all the time (if not soft enough add the yolk of another egg); lay some flour on the table, then take some of the paste, roll it out and form into quenelles, and plunge them for three minutes into boiling water. If the quenelles are too heavy, add some yolks of eggs to make them rise; but if too light, add some milk to the paste.

M E N U S.

No. 1.

(For four or six people.)

Roast Fowl (Bread Sauce).

College Puddings.

Compote Greengages.

Mutton Cutlets (Soubise
Sauce).

Potato Soufflés.

Paysandu Ox Tongue.

No. 2.

(For four or six people.)

Raised Pheasant Pie.

Rissole Cutlets.

Open Apple Tart.

Punch Jelly.
Veal Curry.

Filet de Bœuf
(with Stuffed Tomatoes).

No. 3.

(For four or six people.)

Roast Leg of Lamb.

Plain Mutton Cutlets.

Stewed Pears.

Potato Soufflés.

Long Pastry Fingers.

Mayonnaise of Chicken.

No. 4.

(For four or six people.)

Roast Pheasant.

Small Macaroni Timbales.

Lemon Blancmange.

Fish Rissoles.

Lamb Cutlets, with Cucumbers.

Cabinet Pudding.

Vanille Sauce.

No. 5.

(For four or six people.)

Veal Galantine.

Mutton Cutlets (Tomato
Sauce).

Tapioca Pudding.

Lemon Cheesecakes.

Game Timbales.

Grilled Breast Lamb.

No. 6.

(For four or six people.)

Poulet au Riz.

Rabbit Jelly.

Oyster Patties.

Salad of Oranges.

Chocolate Cream.

Shoulder of Mutton—Glazed Onions.

No. 7.

(For ten or twelve people.)

Roast Capon (Egg Sauce).

Mutton Cutlets.

Aspic Jelly.

Salmi Wild Duck.

Apple Tart.

Italian Cream.

Macaroni Timbales.

Cold Forequarter Lamb.

(Salad handed round).

Clear Soup.

Soufflé au Kirsch.

No. 8.

(For ten or twelve people.)

Ducks and Green Peas.

Beefsteaks.	Sauce Béarnaise	Croquettes.
Lobster Salad.		Pudding à la Diplomate.
Gelée au Punch.		Crème de Volaille.

Game Pie.

Colbert Soup.

No. 9.

Filet de Bœuf (Madeira Sauce).

Mutton Cutlets.	Fillets of Wild Duck.
Prawn Salad.	Orange Jelly.
Apple Charlotte.	Timbale of Macaroni.

Galantine of Turkey.

Venison Soup

or

Clear Hare Soup.

No. 10.

(For ten or twelve people.)

Cold Boiled Turkey with Truffles.

Mutton Cutlets, with Cucumbers.	Vanille Cream.
Paysandu Ox Tongue.	Aspic, Foie Gras.
Omelette Soufflé in mould.	Frangipane Tart.

Roast Leg Lamb.

(Mint Sauce).

Salad handed round.

Clear Ox-Tail Soup.

No. 11.

(For ten or twelve people.)

	Cold Ham.	
Rissole Balls.		Fruit Jelly.
Fricandeau of Veal (with Sorrel).		Naples Pudding.
Potato Soufflés.		Lamb Cutlets.
	Boiled Chickens.	
	(Cream Sauce).	
Julienne Soup.		Vanille Soufflé.

No. 12.

(For ten or twelve people.)

	Grouse Pie.	
Mutton Cutlets (Chestnut Sauce).		Chicken Timbales.
Vol au Vent of Oysters.		Damson Tart.
Apple Charlotte.		Pistachio Cream.
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	(With Artichokes).	
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